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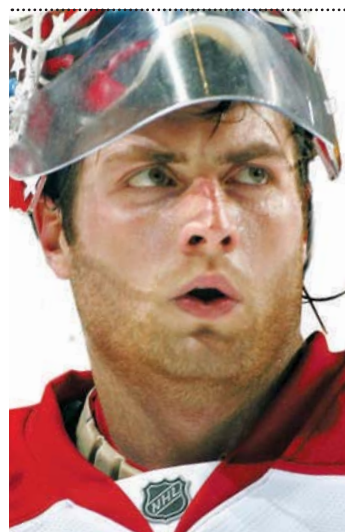
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**PRESSURE ON HOLTBY**  
**Capitals enter the playoffs** counting on a rookie goaltender **13**

**SNAPPED UP**  
**Facebook pays \$1B** for Instagram in its largest purchase ever **3**



**NEW 'IT GIRL**  
**Lena Dunham** stars in what appears to be HBO's next big hit **25**

## SPRUCING UP AMERICA'S FRONT YARD

A competition to give the Mall a facelift is down to a chosen few. We look at the finalists. **9**



One proposed design for Constitution Gardens features wetlands and space for outdoor performances.

NELSON BYRD WOLTZ LANDSCAPE ARCHITECT & PAUL MURDOCH ARCHITECTS VIA AP

am **60 | 38** pm

FOR EXTENDED FORECAST, SEE PAGE 37





eye openers

CRIME

Facebook Mocks Justice

He's on the lam avoiding police, but Travis A. Nicolay-sen still had time to update his Facebook page. The 26-year-old escaped from officers in two foot chases Wednesday and a dragnet that included a police dog tracking him through a Port Angeles, Wash., neighbor-hood. One friend posted: "cops all over you." Nicolay-sen responded the next day with: "got away thanks bro." He also updated his status to "single." (AP)

VOTING

Gaming This System Was Way Too Simple

A Portage, Wis., woman has apparently won a seat on the City Council even though she received only two votes. There were no candidates for the council's 7th District seat. So on a whim, Carolyn Hamre wrote in her own name in last Tuesday's election. She asked her husband to do the same. There were 11 other write-in votes, but each got only one vote. (AP)

PHYSICS

A Mostly Unstoppable Force Meets a Very Movable Object

A driverless tractor-trailer truck crashed into a vacant apartment in Lexington, Ky., on Sunday evening. Appar-ently, the driver of the semi had parked the truck and walked away for a short time. Police say the brakes ei-ther failed or weren't properly set, allowing the truck to roll into the apartment. No injuries were reported. (AP)

The Big Picture



**WHY IS THE BUNNY WEARING SO MUCH MAKEUP?** Before the annual Easter Egg Roll at the White House on Monday morning, President Obama stands alongside the Easter Bunny during the singing of the national anthem. (AP)



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A Publication of the The Washington Post

# For Romney, It's Transition Time

Front-runner faces lengthy to-do list as likely GOP nominee

Des Moines, Iowa

Mitt Romney faces a daunting to-do list as he transitions into the role of likely Republican presidential nominee.

Among the tasks: Raise as much money as possible for the general election campaign against President Obama. Hire more people and send them to the most critical states in the fall race. Hone his message to appeal to voters across the political spectrum. And do it all quickly while fending off challenges from GOP rivals who refuse to quit the pri-



SCOTT OLSON/GETTY IMAGES

Tasks for likely GOP presidential nominee Mitt Romney include honing his message.

mary race.

Obama, with the advantages of an incumbent, is well ahead of Romney on fundraising, organization and broad pitches to voters. So Romney can be expected to spend part of his time over the next three weeks trying to catch up. There's a

break in the primaries lasting until April 24, when several Northeastern states vote.

Romney also must start thinking about a running mate and strategy to amass the 270 electoral votes needed to win the White House on Nov. 6.

## Nomination

### Bumps Ahead

There's little question that Mitt Romney will clinch the nomination in June, if not earlier. He has a wide lead in the race for the 1,144 delegates required to secure the GOP nomination. But Rick Santorum says he'll press on at least through the end of the month. Pennsylvania, which he represented in the House and Senate, votes April 24, along with Connecticut, Delaware, New York and Rhode Island. (AP)

"I do think the Romney team is thinking about how they put in place their fall campaign," said Terry Nelson, a former top aide to President George W. Bush. "But they clearly have some contests to get through, so they won't be able to turn their eyes entirely to that."

THOMAS BEAUMONT (AP)

## In Brief

### CHICAGO

#### Jury Selection Underway In Hudson Family Trial



Balfour

Nine people have been chosen so far to sit on the jury for the Chicago trial of William Balfour, who is accused of killing singer Jennifer Hudson's mother, brother and nephew. Testimony begins April 23. (AP)

### TULSA, OKLA.

#### Police: Suspects Confess In Tulsa Shooting Spree

Police documents filed Monday say the two suspects arrested in a shooting spree that killed three and wounded two in Tulsa have both confessed. An affidavit says 19-year-old Jake England confessed to shooting three people and 32-year-old Alvin Watts confessed to shooting two others. (AP)

### INDIANAPOLIS

#### Man Charged With Child Sexual Exploitation

Investigators are trying to identify hundreds of potential victims whose images were found on the computer of Richard Leon Finkbiner, an Indiana man charged with coercing two teen boys into performing sex acts online. The case could become the largest of its kind in the U.S. to date. (AP)

### SEATTLE

#### Seattle Council Protects Public Breastfeeding

The Seattle City Council unanimously approved a measure Monday making it illegal for businesses and others to ask mothers to stop breastfeeding, to cover up or move to a different location. (AP)

# Facebook Snaps Up Instagram

Social networking site spends \$1B on photo-sharing app

New York

Facebook is spending \$1 billion to buy the photo-sharing company Instagram in the social network's largest acquisition ever.

Instagram lets people apply filters to photos they snap with their mobile devices and share them with friends and strangers. Some of the filters make the photos look as if they've been taken in the 1970s or on Polaroid cameras.

Facebook said it plans to keep Instagram running independently. That's a departure from its tendency to buy small startups and integrate the technology — or shut them down altogether just so it



**"This is an important milestone for Facebook because it's the first time we've ever acquired a product and company with so many users."**

— FACEBOOK CEO MARK ZUCKERBERG, IN A FACEBOOK POSTING MONDAY. HE ADDED, "WE DON'T PLAN ON DOING MANY MORE OF THESE, IF ANY AT ALL."

can hire talented engineers and developers.

"We think the fact that Instagram is connected to other services beyond Facebook is an important part of the experience," Zuckerberg wrote. "We plan on keeping features like the ability to post to other social networks, the ability to not share your Instagrams on Facebook if you want, and the ability to have followers and follow people separately from your

friends on Facebook."

Facebook is paying cash and stock for San Francisco-based Instagram and hiring its roughly 10 employees. The deal is expected to close by the end of June.

Facebook is expected to complete its initial public offering of stock next month. Getting Instagram is big win for Facebook as it works to harness people's growing obsession with their mobile devices. BARBARA ORTUTAY (AP)



## STUDIES

### Dental Distress

People who received frequent dental X-rays in the 1960s, before radiation dosages were lowered, have an increased risk of developing a type of non-cancerous brain tumor, according to a study led by the Yale School of Public Health and published Tuesday in the American Cancer Society journal Cancer. The most common brain tumor, meningioma, is almost always benign but can still be debilitating and can grow undetected for years.

(EXPRESS/THE WASHINGTON POST)

# 800

The number, roughly, of patents faltering Internet icon AOL is selling to Microsoft for \$1.06 billion. Microsoft refused to say what the patents cover. (AP)



**"Riveting"** -Washington Post

**"Yowza"** -City Paper

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## Nation

# No Grand Jury in Martin Killing

### Orlando

A grand jury will not look into the Trayvon Martin case, a special prosecutor said Monday, leaving the decision of whether to charge the teen's shooter in her hands alone and eliminating the possibility of a first-degree murder charge.

That prosecutor, Angela Corey, said her decision had no bearing on whether she would file charges against George Zimmerman, the neighborhood watch volunteer who has said he shot the unarmed black teen in self-defense Feb. 26. Corey could still decide to charge him with a serious felony.

Corey has long had a reputation for not using grand juries if it wasn't necessary. In Florida, only

### Meanwhile ...

**If Trayvon Martin's family sues over his death**, they might not target George Zimmerman but instead the homeowners association of the neighborhood where the shooting happened and Zimmerman lived. Suing the Retreat at Twin Lakes and its insurance policies and assets would make it a much more lucrative target than Zimmerman. Lawyers say Exhibit A would be a February newsletter that said Zimmerman was the go-to person for residents who had been the victims of a crime. That seeming endorsement of Zimmerman exposes the association to possible legal action by Martin's parents. (AP)

first-degree murder cases require the use of grand juries.

Corey's decision means she doesn't have to rely on potentially unpredictable jurors, said David Hill, a criminal defense attorney: "Maybe she knows there isn't enough for first-degree murder but she wants to maintain control and charge him

with something else."

An attorney for Martin's parents said in a statement that he is not surprised by the decision.

"The family has been patient throughout this process and asks that those who support them do the same," said attorney Benjamin Crump. MIKE SCHNEIDER (AP)

# \$6.9M

**The amount raised** by former Obama administration official Elizabeth Warren in the first quarter of 2012 in support of her challenge to Massachusetts Republican Sen. Scott Brown. (AP)

## Support National Crime Victims' Rights Week

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# Bomb Threats Continue at Pitt

## Pittsburgh

Dozens of bomb threats at the University of Pittsburgh over the past two months have students on edge and show no sign of stopping soon.

The threats began in mid-February, at first targeting a landmark building at the center of campus. But in recent weeks numerous buildings have been threatened. Four threats had been made by mid-afternoon Monday, starting at about 4 a.m.

"It wasn't really until probably a few days ago that this started to affect me, as far as my feelings of security," said Dawn Diehl, who's studying for a master's degree in

library science.

Diehl was surprised Monday to find all but one door to the main library locked and everyone's bags being searched. Under new security measures, students and faculty will

# 25

The number of bomb threats targeting numerous University of Pittsburgh buildings that have been made since mid-February. (AP)

need a school ID to get into buildings. A \$50,000 reward is being offered for information.

Brian Graham, a fifth-year chemistry student, said the threats began as being written on walls in

buildings, but then threats started arriving by email. Of the latest wave, he said, "I think it's a little bit more nerve-racking."

The threats have caused some professors to move classes outdoors or offer them online and have led some students to stay off-campus. The university, located a few miles from downtown Pittsburgh, has about 3,800 full-time faculty members who serve 34,000 students.

The university is urging faculty to make arrangements for students to make up classes or exams missed because of evacuations. There are no plans to end the semester early. No bombs have been found and nobody has been injured. KEVIN BEGOS (AP)



## MYSTERIES

### Hitchhiking Virus

The mysterious deaths of millions of bats in the U.S. and Canada over several years were caused by a fungus that hitchhiked from Europe, scientists reported Monday in the journal *Proceedings of the National Academy of Sciences*. White nose syndrome has killed bats in four Canadian provinces and 19 U.S. states, mostly in the Northeast and South. (AP)

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# World

## In Brief

### TRIPOLI, LIBYA

#### Gadhafi Son Will Be Tried in Libya, Officials Say

Libyan officials on Monday said Moammar Gadhafi's son and former heir-apparent Seif al-Islam will be put on trial inside Libya. Officials said he will be tried on charges of murder, corruption and rape dating from his late father's 42-year-rule, and expect there will be a verdict before mid-June. (AP)

### JERUSALEM

#### Israel Asks White House To Free Convicted Spy

Israeli President Shimon Peres sent a letter Monday to President Obama asking him to release convicted spy Jonathan Pollard, 57, for humanitarian reasons. The 57-year-old Pollard was hospitalized last week. The White House on Monday said the president has no intention to release Pollard. (AP)

### MOGADISHU, SOMALIA

#### Market Bombing Kills 12

A blast rocked a vegetable market in Somalia's third-largest city, killing at least twelve people and wounding at least 30 others, officials said Monday. The country's top militant group, al-Shabab, claimed responsibility for the attack in Baidoa. (AP)



### HISTORY

#### An Omen?

Operators of a cruise retracing the voyage of the Titanic on Monday said its departure from Ireland has been slightly delayed at least several hours due to high winds. The Titanic Memorial Cruise, with 1,309 passengers aboard, is marking the 100th anniversary of the doomed ship's sinking on its maiden voyage. (AP)

# Syrian Violence Crosses Borders

1 killed in Lebanon, 6 hurt in Turkey as bloodshed escalates

### Beirut

Syrian forces opened fire across two tense borders Monday, killing a TV journalist in Lebanon and wounding at least six people in a refugee camp in Turkey on the eve of a deadline for a cease-fire plan that seems all but certain to fail.

A witness at the Turkish camp said he saw two refugees killed, although that account could not be independently confirmed.

Across Syria, activists reported particularly heavy violence with more than 125 people killed in the past two days.

The Obama administration expressed outrage at the violence spilling over the frontiers, saying the Syrian government appeared to have little commitment to the peace plan that was negotiated by former U.N. chief Kofi Annan.

### Strife in Syria

The U.N. estimates about 9,000 people have been killed in Syria since the uprising against President Bashar Assad began. (THE WASHINGTON POST/AP)

#### March 2011

Syrians hold protests in Damascus and Daraa, where security forces kill a number of people.

#### May 2011

Army tanks roll into Homs, Daraa and areas of Damascus in bid to quash anti-regime protesters.

#### Aug. 2011

President Obama and U.S. allies call on Assad to resign.



#### Feb. 2012

The U.S. shuts its embassy in Damascus, citing security concerns. Shelling continues in Homs, among the deadliest since the uprising began, above.



#### March 2012

U.N. envoy Kofi Annan offers a peace plan, which the regime accepts but essentially recants in April.

The latest bloodshed was a sign of how easily Syria's neighbors could be drawn into a regional conflagration as President Bashar Assad's crackdown on a year-old uprising becomes increasingly militarized.

Annan brokered a deal that was supposed to begin with Syria pulling its troops out of population centers by Tuesday morning, with a full cease-fire by both sides within 48 hours. But hopes for the plan collapsed after fresh violence and new demands by the regime.

Naci Koru, Turkey's deputy foreign minister, said Tuesday's deadline for the withdrawal has become "void at this stage," state-run TRT television reported.

On Monday, Syrian forces fired across the border into a refugee camp in Turkey, wounding at least six people, authorities said.

The shooting was believed to be the first inside Turkey, which shelters some 24,000 Syrian refugees, although there have been similar cross-border attacks into Lebanon.

ELIZABETH A. KENNEDY (AP)

### Protesters Fight for Right to Rally in Tunisia



**WOMEN ESCAPE TEAR GAS** on Monday, in Tunis, Tunisia, amid clashes between protesters and riot police. About 2,000 demonstrators marched along the Tunisian capital's main boulevard despite a ban prohibiting demonstrations there. Bourguiba Avenue has been the main site for protests since Tunisians overthrew dictator Zine El Abidine Ben Ali a year ago.

## Tehran Floats Compromise as Nuke Talks Near

### Tehran, Iran

Iran is signaling a possible compromise offer heading into critical talks with world powers deeply suspicious of its nuclear program: offering to scale back uranium enrichment but not abandon the ability to make nuclear fuel.

The proposal by Iran's nuclear chief ahead of Friday's talks suggested Iran is ready to bargain.

Still, the gambit appeared to fall short of Western demands. "It is important for Iran to understand that the window is closing and that these talks are an opportunity," White House press secretary Jay Carney said Monday. (AP)



## Hearsay



**“No one, no matter who he is, will be able to reinvent a regime that fell, folded and was rejected and revolted against.”**

— OMAR SULEIMAN, HOSNI MUBARAK'S FORMER VICE PRESIDENT, SAYING IN COMMENTS IN MONDAY'S AL-AKHBAR DAILY THAT HE IS NOT SEEKING EGYPT'S PRESIDENCY TO RESTORE MUBARAK'S REGIME.

## S. Korea: North Preparing for Nuclear Test

Intel report released as tensions rise over disputed rocket plan

### Seoul, South Korea

Recent satellite images show North Korea is digging a new underground tunnel in what appears to be preparation for a third nuclear test, according to South Korean intelligence officials.

The excavation at North Korea's

northeast Punggye-ri site, where nuclear tests were conducted in 2006 and 2009, is in its final stages, according to a report by intelligence officials that was shared Monday with The Associated Press.

Dirt is piled at the tunnel entrance, the report said, and indicates a “high possibility” North Korea will stage a nuclear test. Filling tunnels was the final step taken during its two previous underground nuclear tests. The South Korean intelligence report cited

### Backstory

North Korea announced plans last month to launch an observation satellite in mid-April. Nuclear test preparations add to observers' fears of a repeat of 2009, when international criticism of the North's last long-range rocket launch prompted Pyongyang to walk away from nuclear disarmament negotiations and, weeks later, conduct its second nuclear test. (AP)

U.S. commercial satellite photos taken April 1.

The report comes as North Korea prepares to launch a long-range rocket that Washington and others say is a cover for testing missile technology that could be used to fire on the United States.

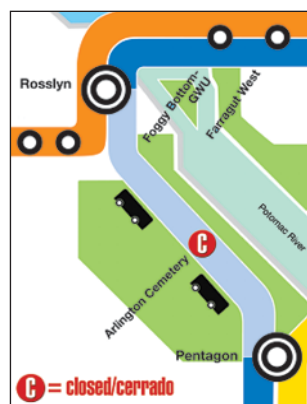
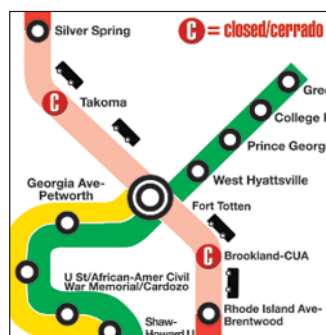
The Obama administration said Monday it would consider a rocket launch and an underground nuclear test as highly provocative and leave Pyongyang more isolated.

HYUNG-JIN KIM (AP)



**Museum Redo:** A museum in Georgia that has honored Josef Stalin since 1937 is being remodeled to add exhibits on the atrocities committed during the Soviet leader's rule. The museum in the town of Gori includes the house where Stalin was born, his personal belongings and death masks. Culture Minister Nika Rurua said Monday that his nation, which became independent in 1991, can no longer host a museum “glorifying the Soviet dictator.” (AP)

# Weekend Track Work



**From Friday, April 20 at 10 p.m. to Sunday, April 22 at closing:** Buses replace trains on the Red Line between Silver Spring and Rhode Island Ave and on the Blue Line between Rosslyn and Pentagon.

Temporarily closing stations and suspending train service is necessary while Metro replaces and repairs ties, replaces rail fasteners, performs grout work, renews rail and insulators, performs interlocking surfacing and rehabilitates Fort Totten and Takoma stations.

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## World



Public approval of British Prime Minister David Cameron has fallen in recent weeks.

# Missteps Undermine Cameron's Appeal

## London

Just weeks ago, David Cameron was riding high. The British prime minister's bonding with President Obama over basketball only fed his popularity at home, where talk was brewing of strong re-election chances and perhaps even a spot in the history books as one of Britain's most politically deft leaders.

But a recent series of missteps has whipped up a sudden tempest for Cameron, with at least one key poll showing a dive in public support that has earned his coalition its lowest approval ratings since coming to power in spring 2010.

The coalition does not appear to be in immediate danger. But observers warn that the government must claw out of its hole quickly or risk the kind of irreversible slide with the public that saw the last Conservative government fall in 1997.

"The question is whether this is a short-term lovers' tiff or the beginning of a breakdown," said Peter Kellner of the YouGov polling firm.

## Prime Problems

The troubles for Britain's David Cameron began with his new national budget unveiled March 21 and have since spiraled:

- Treasury secretary George Osborne added a tax on fast-food snacks, dubbed "pasty-gate."
- An undercover sting by the Sunday Times captured a Conservative Party official peddling access to Cameron for a \$400,000 donation.
- Revelations of a plan to expand the digital surveillance powers of British intelligence agencies yielded a major uproar. (TWP)

It marks a sharp role reversal for Cameron, but it remains unclear whether the opposition Labor Party can capitalize. His ratings — though down — remain well above those of Labor chief Ed Miliband and Nick Clegg, deputy prime minister and head of the Liberal Democrats. That has strategists betting Cameron can win back lost ground by the 2015 elections. ANTHONY FAIOLA (THE WASHINGTON POST)

**2** The number of U.S. aircraft carriers deployed to the Persian Gulf region amid rising tensions with Iran over its disputed nuclear program, the U.S. Navy said Monday. The USS Enterprise's joining of the Abraham Lincoln carrier strike group marks one of the few times the Navy has had two aircraft carriers operating in waters near the Persian Gulf, officials said. (AP)



# Cover Story



ROGERS MARVEL ARCHITECTS &amp; PETER WALKER AND PARTNERS

## Andropogon & Bohlin Cywinski Jackson:

The design includes a re-stored lake, plazas, a glass pavilion called Founders' Hall and a market-place with food stands. The design would help connect the park to the city and nearby Constitution Avenue.

## Nelson Byrd Woltz Landscape Architect & Paul Murdoch Architects:

The proposal would remake the lake with wetlands and floating islands, while adding a cafe, performance space and elements to highlight a memorial to the founding fathers.

**OLIN & Weiss/Manfredi:** The plan for a "museum without walls" mixes architectural elements and urban ecology in the landscape, including buildings growing out of berms along the streetscape, dining rooms hovering over the edge of a lake and views of the Washington Monument.

**Rogers Marvel Architects & Peter Walker and Partners:** The design would transform the lake into a flexible water basin for uses including model boats and skating, and would add a pavilion to anchor one end of the park, as well as a grass amphitheater that could seat thousands. (AP)



## Option Eliminated

**Congress voted last year** to remove Union Square from the National Park Service's property, citing security concerns. Congress placed it under control of the Architect of the Capitol and Capitol Police instead, meaning the site could no longer vie for a makeover in a competition by the Trust for the National Mall. Still, a winning design for it will be sent to congressional overseers. (AP)

# Monumental Plans

## Finalists imagine ample options in a contest to redo aging Mall sites

### Washington

Lakeside gardens, dining rooms hovering over water, grassy new amphitheaters and underground pavilions at the foot of the Washington Monument have emerged as finalists in a design competition to overhaul neglected sites on the National Mall.

Designers and architects are dreaming big in a competition conducted by the nonprofit Trust for the National Mall for a chance to improve the place sometimes called America's front yard.

A display of the finalists' concepts began Monday at the Smithsonian Castle and Nation-

## Balmori Associates & Work Architecture Co.:

The design would reshape the landscape to be a grass bowl around a circular stage and add a new building to the side with a cafeteria around an open kitchen supplied with foods grown in the building's rooftop garden.

**Diller Scofidio Renfro & Hood Design:** Landscape around the Washington Monument would be "peeled up" on one edge to reveal a new structure below and an outdoor theater with the monument as a backdrop.

**Michael Maltzan Architecture & Tom Leader Studio:** The historic Monument Lodge would become an entry point for a large underground facility with dining, retail and event spaces. An amphitheater built above would lead to a circular stage symbolizing the axis of the city's monuments.

**OLIN & Weiss/Manfredi:** A wooded canopy would define a new amphitheater against the backdrop of the Washington Monument, and a new pavilion with a café and theater would include a walkway to connect the monument grounds with the nearby Tidal Basin and other memorials. (AP)



OLIN &amp; WEISS/MANFREDI

al Museum of American History and runs through Sunday.

Since September, architects and designers have been vying for the chance to make over the areas near the Capitol, the Washington Monument and Constitution Gardens. After sifting through entries from 32 teams, a jury picked four finalists for each of the three sites.

"The face of the Mall is going to change quite dramatically," said architect Donald Stastny, hired to oversee the competition. "If you're in Constitution Gardens, it's going to be cool, as opposed to 'How did I end up in this place?'"

Organizers are seeking public comment to help select a winner for each site in May. The Trust for the National Mall aims to build one design, overhauling either Constitution Gardens or the Washington Monument grounds by 2016.

Sharon Gomez of Union City, N.J., viewed the designs and said she would welcome new restaurants or performance spaces, as long as they don't obstruct views of the memorials. Mingshan Zheng of Falls Church, Va., said it would be a mistake to put "too many businesses in a landmark place."

"You could have a little Starbucks, but don't be too big," she said. "If you add in too much, it will be not much different than any other place." BRETT ZONGKER (AP)





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## An Update on Potomac Yard

**Q** I remember riding the Yellow Line a few years back and saw a sign saying "future site of Potomac Yards Metro station." Do you have any idea why that never came to be? Besides the mall, there is quite a bit of development in that area that could support a new station.

[It's] still alive. In fact, there's a public meeting scheduled for April 19 to discuss the work coming up on an environmental impact statement that will review construction alternatives. The meeting is scheduled for 7 to 9 p.m. at the Cora Kelly Recreation Center, 25 West Reed Ave., Alexandria.

**Dr. Gridlock** offers commuter counseling online at [washingtonpost.com](http://washingtonpost.com).

**Q** Is there any plan for a station between Fort Totten and Takoma? Just wondering as the ride between them is long.

It does seem long. Kind of bouncy, too. But I know of no plans to put in a new Red Line station there. The infill stations, such as the one at New York Avenue and the one in the planning stages at Potomac Yard, have a lot to do with focusing community development plans. There's a lot of new development around Takoma, Fort Totten and Rhode Island Avenue on that side of the Red Line, but haven't heard of any development push between Fort Totten and Takoma.

**Q** The Cherry Blossom Festival Parade is this coming Saturday. What should we expect for traffic getting into D.C.? Peak bloom was weeks ago. Are they still expecting large crowds?

I'd take Metro to Saturday's parade, which is from 10 a.m. to 12:30 p.m. The route is along Constitution Avenue NW, from Seventh to 17th streets, meaning it goes from National Archives to the Ellipse. That's very convenient to Metro stations on all the lines. If you're coming in from the suburbs, you have free parking at the Metro stations on the weekend. Parking will be a hassle near the parade area, and some nearby streets will be closed.

**Q** Once the Silver line is opened to Reston, will the Silver Line riders have to transfer to Orange Line trains at the Falls Church stop or will they share the tracks to some point? If they do share the tracks, will there be longer intervals between Orange Line trains in order to accommodate the Silver Line trains?

The way it looks to me, the opening of the Silver Line will be good news for many Orange Line riders. The Silver Line trains will go from Reston to Stadium-Armory. So someone who boards at Reston just stays on the same train to reach Metro Center, or Federal Triangle, or L'Enfant Plaza. Meanwhile, if you're waiting at West Falls Church, or Court House, you'll have more rush hour service than you have today.

**Q** Why did Metro decide to overextend themselves and build the Dulles line? It seems to me that they cannot keep up with the current system, so why add additional responsibilities and expenses?

I understand why the result seems irrational, but the way we got here was a bit complicated. Metro isn't paying to build the Silver Line. The money is coming from Virginia and the federal government. While Metro has endorsed the Silver Line and agreed to run it, the force behind it came from the Commonwealth's desire to improve mobility in Northern Virginia and build up Tysons Corner. It's unlikely that any of the money that's going into building the Silver Line would have or could have gone to maintaining the existing Metro system.

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## Local

# Wal-Mart Slows Its Plans for D.C.

Retailer says only one of six planned stores to open by end of '13

## Washington

Wal-Mart Stores Inc. has extended its timeline to open stores in the District, and now does not plan to open its first store in the city until the end of 2013.

When the discount retailer first announced plans to expand into the District, in November of 2010, it announced four sites and said it planned to open stores by the end of 2012.

It was an aggressive schedule. Now, after facing resistance from activists and opponents, those plans are delayed. Wal-Mart now says that only one of the six stores it currently plans will be open by the end of 2013.

Others are components of mixed-use projects that require regulatory approval or the right set of economic circumstances to become viable.

"While construction timelines are fluid and driven mostly by the developer, we're using the extra time to further engage with the neighborhoods that surround our stores and build even more support



An artist's rendering of a planned store at Skyland Town Center in D.C.'s Ward 7.

for Wal-Mart," company spokesman Steven Restivo said.

The first Walmart to open in D.C. is likely to be at the corner of

Georgia and Missouri avenues in Northwest, where the retailer and developer Foulger-Pratt demolished a former Chevrolet dealership and plan to build a stand-alone store that should open by the end of 2013.

Wal-Mart has not been issued building permits for any other site, according to the company.

The most complex of the planned Walmarts is the one expected to anchor a mixed-use Skyland Town Center, where control of the site still has not been secured. Restivo said that store does not have a scheduled opening date. (THE WASHINGTON POST)

## Police: Md. Boy Dead Following Gun Accident

### Clinton, Md.

A 6-year-old boy accidentally shot and killed himself in a quiet neighborhood of single-family homes in the Clinton area Monday afternoon.

Prince George's County Police homicide detectives were considering filing charges against a 20-year-old who lived with the boy and apparently brought the gun to the house, authorities said.

Assistant Prince George's Police Chief Kevin Davis said police were investigating the death of the boy, who shot himself in the chest with a loaded revolver that he found inside the home where he lived with his great-grandmother.

"This is every parent's worst nightmare," Davis said. (TWP)

## City Leaders Happy to Reopen Howard Theatre



**OFFICIALS CUT** the ribbon during the opening of the Howard Theatre at 620 T St. NW in Shaw Monday. Taking part were, from left, Council member Marion Barry, D-Ward 8; Congresswoman Eleanor Holmes-Norton, D-D.C.; D.C. Mayor Vincent Gray; council member Jim Graham, D-Ward 1; Malik and Chip Ellis of Ellis Development; and Myla Moss, 1B01 ANC commissioner.

## The Lotteries

### Monday, April 9

#### Maryland

Mid-day Pick 3 ..... 2-2-8  
Evening Pick 3 (Sun.) ..... 4-5-8  
Mid-day Pick 4 ..... 2-5-9-9  
Evening Pick 4 (Sun.) ..... 2-9-5-2  
Match 5 (Sun.) ..... 12-18-27-33-38 (21)

#### District

Mid-day Lucky Numbers ..... 5-8-6  
Evening Lucky Numbers (Sun.) ..... 2-7-2  
Mid-day DC 4 ..... 1-8-7-1  
Evening DC 4 (Sun.) ..... 4-7-3-9  
Mid-day D.C. Five ..... 4-5-9-0-1  
Evening D.C. Five (Sun.) ..... 6-4-5-4-4

#### Virginia

Mid-day Pick 3 ..... 1-6-0  
Evening Pick 3 (Sun.) ..... 5-3-6  
Mid-day Pick 4 ..... 9-6-3-7  
Evening Pick 4 (Sun.) ..... 0-4-4-0  
Mid-day Cash 5 (Sun.) ..... 4-6-20-27-29  
Evening Cash 5 (Sun.) ..... 5-7-12-24-30

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W/ HOWARD GOSPEL CHOIR

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# Local

## In Brief

### WASHINGTON

#### Four Thrown From Boats In Tidal Basin Accident

Authorities say four people were thrown from rented paddleboats into Washington's Tidal Basin when the boats were pushed up against a bridge abutment amid windy conditions. D.C. fire officials helped employees of the paddleboat company pull the people from the water Monday afternoon. Fire officials there reported no serious injuries. (AP)



Paddleboats on the Tidal Basin April 1. Four boaters fell into the water Monday.

### EASTON, MD.

#### Off-Duty Officer Kills Self After Traffic Stop

Maryland State Police say an off-duty Montgomery County police officer fatally shot himself after a trooper stopped him for speeding and suspicion of driving under the influence. Police say a trooper stopped Jed Bylsma, 30, of Gettysburg, Pa., on Route 50 near Easton Monday for speeding and noticed signs that the driver was under the influence. While the trooper returned to his cruiser, Bylsma took off, police say. Bylsma's Nissan struck stop sticks near Airport Road and troopers found Bylsma with a gunshot wound to his head. (AP)

### WASHINGTON

#### D.C. Panel Set to Discuss Perception of Black Men

A community discussion on the perception of black men inspired by the shooting death of Trayvon Martin is planned at the D.C. Armory. WTOP reports that the discussion will start at 6:30 p.m. Tuesday. It's hosted by the Commission on Black Men and Boys created by congressional Delegate Eleanor Holmes-Norton. Among the four panelists will be Charlie Rawlings, whose 14-year-old son was killed in 2007 in a shooting involving two off-duty D.C. police officers. The officers were not charged and the family received a settlement from the city. (AP)

### ELECTIONS

#### First Hat in the Ring



The chairman of the Prince William Board of County Supervisors said Monday that he plans to make his candidacy

for lieutenant governor official this week. Corey A. Stewart, R-At Large, will be the first candidate to officially announce for the lieutenant governor's race. Former White House technology chief Aneesh Chopra is also expected to run for the post. (TWP)



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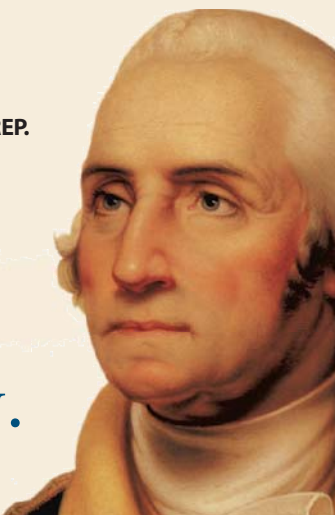
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# 'We Have No Choice'

With 2 veterans injured, Caps turn to rookie Holtby in net vs. Bruins

## The Capitals

The Capitals are preparing yet again to go with an inexperienced goalie in the playoffs. This time, they can't do much about it.

Neither Tomas Vokoun nor Michal Neuvirth was able to practice Monday, leaving Braden Holtby looking more and more like the starter for Thursday's Game 1 against the Boston Bruins.

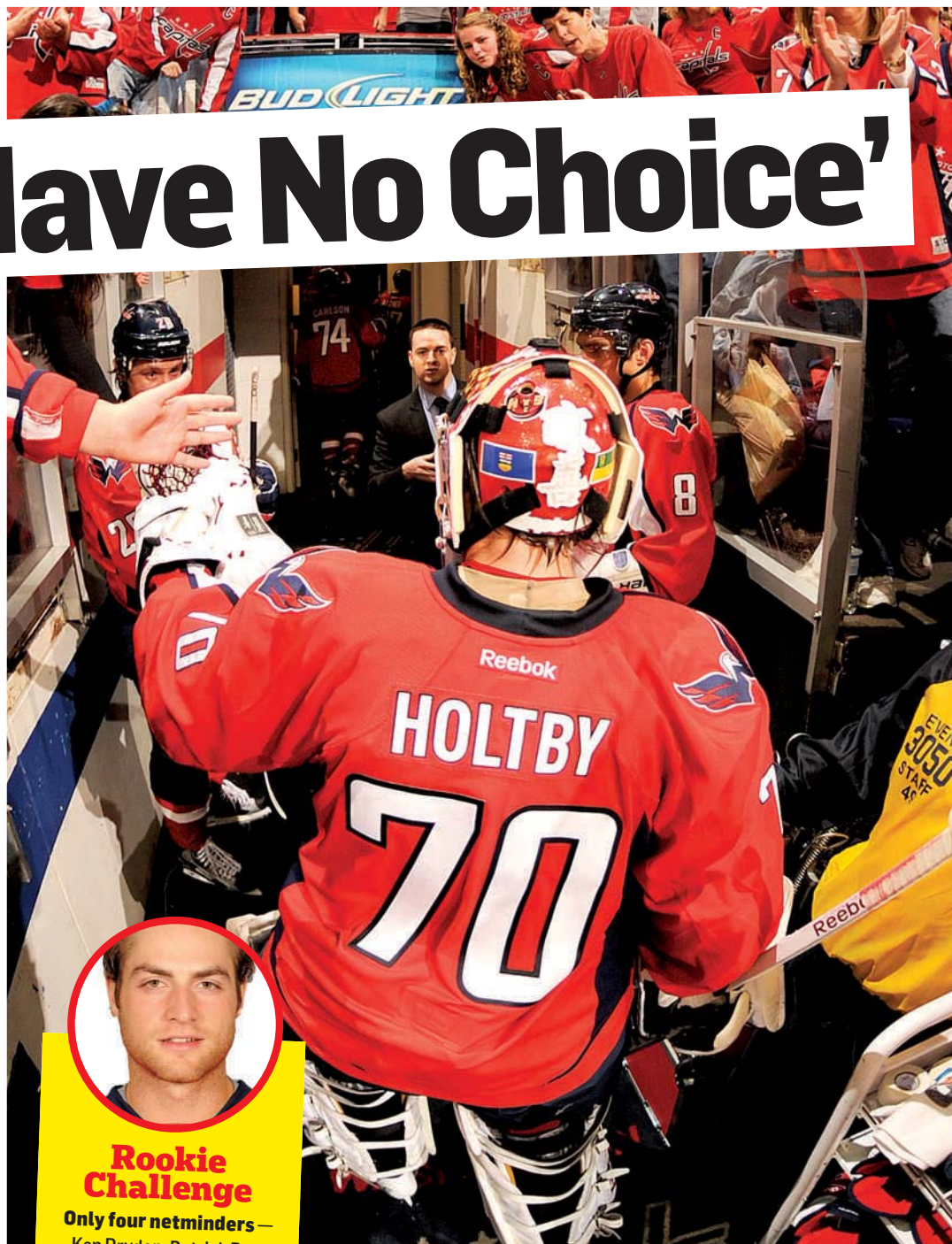
"We've done it before, and we have no choice," general manager George McPhee said Monday. "If the other guys aren't ready to go, he's playing."

Neuvirth, who was injured in last week's win over Florida, skated for about 15 minutes before practice on his ailing left leg but didn't look close to returning. McPhee said Neuvirth will "try to practice a little bit" Tuesday and would play in the series "if everything goes OK in the next few days."

Vokoun is further behind as he recovers from a groin injury that has sidelined him since March 29.

This would mark the playoff debut for Holtby, who was 4-2-1 in the regular season during his call-ups from the Capitals' AHL affiliate in Hershey. The 22-year-old goalie made his NHL debut in Washington in 2010-11, going 10-2-2.

Holtby's backup would be journeyman Dany Sabourin, who was recalled from Hershey on Monday and hasn't played in an NHL game since 2009. Sabourin, 31, spent a whirlwind weekend: He was called



## Rookie Challenge

**Only four netminders** — Ken Dryden, Patrick Roy, Cam Ward and Antti Niemi — have led their team to the Stanley Cup as a rookie. Braden Holtby hopes to be the fifth. He has played 21 games at the NHL level, saving 487 of 524 shots for a save percentage of .929. Statistics say that a team needs a goalie capable of a .925 save percentage over 600 shots to win the Stanley Cup. Maybe Holtby can do it.

(THE WASHINGTON POST)

up to serve as Holtby's backup for the Capitals' regular season finale on Saturday, then returned to the minors so he could play for Hershey on Sunday.

At least Sabourin has played in two NHL playoff games, although his last appearance — in 2007 — was for a mere 3½ minutes with Vancouver when Roberto Luongo took a bathroom break during a game in Anaheim.

The Capitals have resorted to young goaltenders for the playoffs

in recent seasons — but by choice. Semyon Varlamov took over after Jose Theodore was benched in 2008, and Neuvirth got the call ahead of Varlamov last season.

To Holtby's credit, he isn't short on self-confidence and perspective. He dismissed any suggestion that he might want to soak it in and take an extra deep breath before stepping on the ice at his playoff debut. "If I do," he said, "then we won't make it that far."

JOSEPH WHITE (AP)

## In Brief



Clint Dempsey is challenged for the ball by Chelsea's Mikel on Monday.

## SOCCER

### Dempsey Scores Again

Clint Dempsey scored his 22nd goal of the season for Fulham to clinch a 1-1 draw against Chelsea on Monday and prevent its west London rival from climbing into the Champions League places. The United States attacking midfielder headed the equalizer in the 82nd minute from Damien Duff's corner, with Chelsea defender Gary Cahill's raised arms helping the ball into the net. (AP)

## COLLEGE HOOPS

### Baylor Faces NCAA Probe

Less than a week after its women's basketball team won the national championship, Baylor said Monday it has been involved in a three-year investigation with the NCAA into what are believed to be hundreds of impermissible phone calls and text messages sent by basketball coaches to young prospects. (AP)

## MEN'S COLLEGE HOOPS

### Robinson Going Pro

Kansas star forward and D.C. native Thomas Robinson is declaring for the NBA draft and will forgo his senior season. Robinson made the formal announcement Monday, with coach Bill Self by his side. Robinson, the first unanimous first-team All-American since Blake Griffin, led the Jayhawks to the national title game against Kentucky. (AP)

## PRO BASEBALL

### Marlins Drop Phillies

Anibal Sanchez took a three-hitter into the seventh, Omar Infante hit a pair of solo homers and the Miami Marlins spoiled the Philadelphia Phillies' home opener with a 6-2 win on Monday. (AP)





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# Watson Now Must Master Fame

**'Bubba golf' gains popularity, prestige with major victory**

## Golf

Bubba Watson had reason to feel like a rock star. His playoff win at the Masters on the second extra hole stretched into early evening, and when he finally slipped on the green jacket during the trophy presentation, the flashes from so many cameras danced across his face like strobe lights.

"I'm not ready for fame," Watson said. "I don't really want to be famous or anything like that. I just

want to be me and play golf."

He might not have a choice. His style of play — "Bubba golf" is what he likes to call it — already made him a popular figure on the PGA Tour.

In the buttoned-up sport of golf, Watson is different. He hits the ball a mile, rarely in a straight line to where he's trying to get. His driver is pink from the shaft to the head. When he's not on the course, he is posting videos of his crazy stunts on Twitter. His dream purchase was the "General Lee 01," the original car in the TV series "The Dukes of Hazard." And now he is the Masters champion.

Perhaps it was only fitting that



Bubba Watson was brought to tears after winning the Masters on Sunday.

during his victory speech Sunday he found one downside to winning the Masters. He has been in the members' locker room since he first showed up at Augusta Nation-

al in 2008. The next time he drives down Magnolia Lane, he will walk through a different door, up the stairs to the locker room reserved for champions. "It's going to be sad... I know all the guys. They treat me real well."

Watson, with his fourth career win in his last 51 starts, is now No. 4 in the world, which makes him the highest-ranked American. Sunday was the second time in the past six majors that Watson has been in a playoff, losing to Martin Kaymer at the 2010 PGA Championship.

How much better can he be? "Major champion ... I mean, can't do any better than this," he said.

DOUG FERGUSON (AP)



## GOODBYES

### Divorce Court

**The forced marriage** of Lamar Odom and the Dallas Mavericks didn't last even one lockout-shortened season. The NBA's reigning Sixth Man of the Year, who was shipped to Dallas after the NBA nixed a trade to New Orleans, will not play the rest of the season for the Mavericks, the team said. (AP)

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# Goodell Upholds Saints' Bounty Suspensions

New Orleans turns to finding interim coach for next season

## Pro Football

Sean Payton now knows for certain he won't be coaching in 2012. And the New Orleans Saints must figure out whether Bill Parcells or someone else is best suited to take over a team seeking its fourth straight

trip to the playoffs.

NFL Commissioner Roger Goodell on Monday rejected the Saints' appeals of their unprecedented punishment stemming from the league's investigation of the club's bounty system. The program offered cash bonuses for big hits that knocked targeted opponents out of games or hurt them enough that they required help getting to the sideline.

In addition to upholding Pay-

## Parcells Watch

**NFL commissioner Roger Goodell's decision** to uphold the Saints' penalties could open the way for New Orleans to coax Bill Parcells — Sean Payton's mentor since their days in Dallas — out of retirement. Parcells, a Hall of Fame finalist who turns 71 in August, has said he would consider coaching the Saints if asked to help his former protege. (AP)

ton's suspension, which begins next Monday and runs through the Super Bowl — in New Orleans next season — Goodell also upheld suspensions of eight games for general manager Mickey Loomis and six games for assistant head coach Joe Vitt, along with a \$500,000 fine for the franchise and the loss of second-round draft picks this year and next.

Vitt and Loomis begin their suspensions after the preseason ends. (AP)

## TV Lineup

**WIZARDS (7 P.M., CSN)** The Wizards host the Orlando Magic.

**NATIONALS (7 P.M., MASN2)** Stephen Strasburg pitches for the Nats against the Mets.

**ORIOLES (7 P.M., MASN)** The O's take on the New York Yankees.

**PRO BASKETBALL (7 P.M., 9:30 P.M., ESPN)** The Heat host the Celtics and the Bulls face the Knicks.

**PRO HOCKEY (8 P.M., NBCSN)** The NHL draft lottery is in Toronto.

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## Sports

# GW Coach Makes Up for Lost Time

Loneragan sees fruits of recruiting pay off after a down 1st year

### Men's College Hoops

Season one of the Mike Loneragan era with the George Washington men's basketball team is in the books — yet it can hardly be called a full season. That qualifier does not speak to the Colonials' unsightly 10-21 record, but rather a calendar speedbump created by last May's coaching change that returned the Bowie native and Catholic University alum to his roots.

The late hire left the coach inadequate time to bring in the style of

players he wanted or to imprint the hard-nosed attitude Loneragan's teams are known for.



Loneragan

Fast-forward to the spring. On both fronts, Loneragan is well ahead of last year's pace. Dealing with defeat after defeat will serve as a rather stiff motivator. "I never recruited as hard in my life," the coach said. "And I consider myself a pretty hard recruiter."

Fruits of Loneragan's scouting have already paid off. Three commitments came during the fall, including two internation-

al forwards and Episcopal guard Kethan Savage. Landon guard Joe McDonald is expected to sign his letter of intent this month. A bonus will come from former Villanova transfer and Montrose Christian star Isaiah Armwood, who sat out the season after joining the program last summer.

Loneragan proudly noted his players "never packed it in" during the trying campaign. To avoid a similar fate, he's hoping they bring a workmanlike mentality to the more self-motivating spring and summer months.

"Teams are made during the season," Loneragan said, "but individuals are made in the off-season."

BENJAMIN STANDIG (FOR EXPRESS)

DEPARTMENT OF HEALTH AND HUMAN SERVICES AND NATIONAL INSTITUTES OF HEALTH (NIH)

## VOLUNTEERS NEEDED FOR A LIVE INFLUENZA VACCINE RESEARCH STUDY



**HEALTHY VOLUNTEERS ARE NEEDED** at the National Institutes of Health (NIH) in Bethesda, Maryland, for a research study. The study is testing an investigational live virus vaccine against the H5N1 influenza virus to see if it is safe and compare how it works when given in the back of the throat versus as a pill.

### You may be eligible for the study if you:

- Are between 18–49 years old and in good health
- Have not had your tonsils removed
- Are willing to be hospitalized for one week at NIH
- Do not live or work closely with:
  - People who have weakened immune systems caused by chronic illness
  - Children younger than 5 years old
  - Elderly people
  - Pregnant women

Individuals who live with you must agree to be monitored as well; however, they will not receive the vaccine. All volunteers will be compensated.

**For more information, call**  
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(Reference SAMOSA Study or 11-I-0259)  
TTY: 1-866-411-1010 Se habla español





# fit



## Guinea Pig | Cool Deal

Even if you're not getting any money back from the IRS this year, you can still get a "Yo-bate" at Maggie Moo's and Marble Slab Creamery. Next Tuesday from 4 to 7 p.m., the chains are dishing up free scoops of their three new frozen yogurt flavors. Unlike most newfangled fro-yo, this stuff doesn't taste healthy — particularly the "birthday cake." But at just about 120 calories a scoop (without mix-ins), you won't feel like you're blowing your diet.



See your weekly Gold's Gym Trainer Tip on the next page.

# Sizing Up A Practice

'Big Yoga' creator Meera Patricia Kerr says poses aren't just for skinny people

Fifteen years ago, Meera Patricia Kerr was meditating at the Yogaville temple in Buckingham, Va., when she heard something. "It was a voice saying, 'big yoga,'" remembers Kerr, who liked the name instantly.

It was an apt way of describing the expansive approach of Integral Yoga — the philosophy espoused by Yogaville founder Swami Satchidananda. And, as she explains, "I'm not a skinny girl. I never was."

That wasn't a problem in the early 1970s, when her all-girl band decided to take yoga classes as a way to reach enlightenment. "When I started, I was young and curvy. Now I'm 65 and I'm old and lumpy. But because I was so flexible, I always felt comfortable," she says. Those days were also long before the dominant images of yoga featured model-thin women in seemingly impossible poses.

Through her decades of teaching, Kerr has always attracted some women who don't care what size they are, but she realizes that's not

**Bow:** Blocks, straps and bolsters are typical yoga props, but for this pose, Kerr has found more people can be successful with a pair of flip-flops.

the norm in yoga today. "So many people don't come because of the stigma of being bigger," she says, adding that for women her age, that's particularly true. And it's a shame because they're the ones who stand to benefit the most from yoga. "If I hadn't been doing yoga all of these years, this weight would be a pain," she says.

Kerr committed herself to finding a way to make yoga more accessible to people like her. Putting the idea into practice took time, however. She started by examining her students. "Everyone carries weight differently. What works for one person won't for another," she says.

## Event Horizon

Meera Patricia Kerr will visit the Smith Center for Healing and the Arts (1632 U St. NW; 202-483-8600, [Smithcenter.org](http://Smithcenter.org)) next Monday at 6:30 p.m. to lead a workshop, "Yoga For Every Body." The class is \$15. For more information on Kerr, visit her website [Bigyogaonline.com](http://Bigyogaonline.com).



**Child's Pose:** If separating your knees to create more space doesn't work for you, try folding over a bolster. As for bolster size, "with a big belly, you need a big bolster," Kerr says.



**Quick Fixes:** Meera Patricia Kerr has found modifications that make a practice doable no matter your size.

**Sun Salutations:** Kerr has developed a version of the sequence that uses a wall for assistance. When folding over, "leave your butt on the wall but move your feet a few inches away," she says.



She soon moved to Santa Monica, where she began teaching "Big Yoga" classes, which evolved into her first DVD in 2002. Since then, Kerr — who now lives in Michigan — has published a book and released a second DVD, designed for an older and more overweight audience.

It's been important to Kerr to offer an alternative vision of what yoga is and whom it's for. "That's why I modeled all the pictures for the book," says Kerr, who wanted to prove that even with extra pounds she could look "comfortable and easeful" in various poses.

When she teaches a "Big Yoga" class, Kerr always keeps beginners in mind because she often gets students who've never tried yoga before. She's found it helps to start with a joint freeing series, developed by Mukunda Stiles, that promotes flexibility and reduces joint pain.

Kerr ends each practice with a 15-minute guided deep meditation, which she calls "the dessert of the class." "It helps people to heal not just physically but emotionally," she says. "It gets people coming back."

And that can lead to some big changes in health — at any size.

VICKY HALLETT (EXPRESS)

## Meet The Trainer

### Alex Lebonitte

Certified Personal Trainer  
Fairfax Station Gold's Gym

Alex is a lifelong Fairfax County resident and a graduate of George Mason University with a B.S. degree in Exercise Science. His passion is helping clients achieve the highest level of fitness and function possible through exercise and nutrition. Not a believer in fads or haphazard workouts, Alex takes a thorough, scientific approach to training, designing programs for his clients incorporating research-based techniques. He's also a strong believer in "practicing what he preaches," so he never asks his clients to do anything that he has not done himself.

#### Certifications:

National Strength and Conditioning Association Certified Personal Trainer; National Personal Training Institute Certified Personal Trainer CPR/AED

To schedule an appointment with Alex or another Gold's trainer, come to a Gold's Gym location near you or visit our website.



## Trainer Tip of the Week

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## Cocktail Party Confrontations

**Q** I have a pretty terrible relationship with the husband of a friend of mine. He and I are at odds politically, morally, you name it. Several times he's drunk too much at parties and we've argued. He seems to like to pick fights with me because he knows how different we are, and I think he's jealous that his wife and I are such good friends. (I am female.) I really can't stand to be around him. My friend is good about doing stuff with me without him, but we still have to hang out in groups a lot, and I just want to clock him. **ANNOYED FRIEND**

And I thought that enduring drunken, aggressive men on behalf of friends was supposed to end when they got married, not begin!

You don't say how your friend reacts to these conflicts, or whether she tries to make things better. In an ideal world she would create a buffer. Otherwise, she's going to have to sacrifice even more of her time with you. Talk to her, and tell her how much your friendship means, but that you are even going to further limit your exposure to her husband, especially when he has exposure to Jack Daniels — then try your best not to engage him.

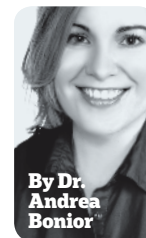
## Avoiding a Place in Line

**Q** I'm wondering whether to move in with my boyfriend. We're in our early 30s and have been together for just over a year. I don't have any moral objections, and it could be good for us (emotionally, financially, logistically). My hang-up is that he lived with his last two girlfriends. I want to live together eventually, and don't think I'd get married without having done so first. But I see how his other relationships failed. **THIRD TIME'S THE CHARM?**

The whole notion of pledging your life to someone involves believing that this relationship is unlike all that came before, and that it has an ability to endure in a way that others couldn't.

And it's an inevitable step: You know that you want to live together eventually, so there's no way around it. I understand your fears

of being the third strike, and yes, there might be tensions over dirty dishes or beard trimmings in the sink. But if those things break up the relationship, then it wasn't meant to stand the test of time. Of course I'm not telling you to rush moving in together. But don't use his relationships with other people as the guide for his relationship for you.



By Dr. Andrea Bonior

**@** Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([Friendshipfix.com](http://Friendshipfix.com)).

## Event Horizon

### Jail Time

Live out your action movie dreams at the Prison Break 5K (\$35), a race on the former grounds of the Lorton Correctional Complex on Sunday at 8 a.m. There are no inmates housed there today — it's been turned into an art center and community space — but the route winds along the old prison road and trails, past the dairy and slaughterhouse, on the way to freedom (aka the finish line). Get more info at [Prisonbreak5k.com](http://Prisonbreak5k.com).



# A Wild Way to Work Out

MovNat training uses primal skills to teach people how to move through their lives

Under most circumstances, if an activity leaves me with multiple bruises and muscles so sore that I can't lift my arms, I'd guess that I'd done something very stupid. But after getting roughed up in Silver Spring in February, I couldn't help but feel smart — or, at least, smarter than the average gymgoer.

I'd earned my black-and-blue marks hoisting myself over a bar and rolling on the ground at a workshop devoted to MovNat, a physical education system designed to teach us how to be human. That's as opposed to being a "zoo human," MovNat creator Erwan Le Corre's term for the domesticated animals we've become, creatures who no longer remember how to leap between boulders or haul a heavy load.

## zoo human

**noun** | zoō hyū-mən |  
A person who has become domesticated and forgotten the skills that allowed his/her ancestors to survive

"I've never been normal," says Le Corre, a 40-year-old Frenchman who's been baffled since childhood by society's focus on developing flat abs rather than practical skills. "Exercising in a confining gym with machines is acceptable," he says. "But climbing a tree and moving on all fours is not."

With MovNat, which he formally created in 2008, he's hoping to change that — one barefoot step at a time — with the help of a few handpicked disciples. That includes Clifton Harski, who led the seven-hour workshop in Silver Spring.

"I'm not interested in giving you guys a good workout," Harski announced to the dozen participants, a mix of triathletes, CrossFitters and rock climbers who'd each



MovNat's Clifton Harski demonstrates a roll during a workshop in Silver Spring. Proper technique can help prevent injuries.

shelled out \$229 to get back to their physical roots. "I'm going to let you go through things and see if your body can figure it out. They may have been forgotten, but these are developmental movements."

We started with simply standing (straight) and breathing (diaphragmatically). Then we entered the

"magical forest," which was really a quiet street in an industrial park where we imagined we had to lift our legs over fallen logs and duck under low-hanging tree limbs.

Soon, our shoes were off and a series of skinny wooden planks were out. The wobbly balance beams didn't seem that daunting — until we tried crawling on them.

Next up came climbing techniques using a pull-up bar. From there, we jumped around (literally). We rolled in every direction and practiced various methods of getting up from the ground quickly. We went through the basics of barefoot running and how to carry other people.

And we ended with the hardest part of all: incorporating MovNat into our daily lives. Harski offered a few ideas, including practicing jumps on curbs, playing tag and balancing on rails.

But really, we'd just scratched the surface of MovNat, Har-

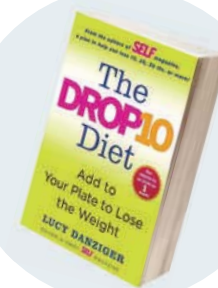
**"[To society], exercising in a confining gym with machines is acceptable. But climbing a tree and moving on all fours is not."**

— ERWAN LE CORRE, THE 40-YEAR-OLD CREATOR OF MOVNAT, A FRENCHMAN WHO THINKS HUMANS HAVE FORGOTTEN HOW TO HAUL A HEAVY LOAD.

## Two of a Kind

### Perfect 10

Ten is such a round number, which is maybe why so many people would like to drop it from the total they see when they stand on a scale. This pair of books promises to help you find a way to lose that extra weight — whether it's the first or last 10 pounds of a makeover.



### THE DROP 10 DIET (\$26)

The editors of Self magazine say you can forget about those restrictive diets of the past. This plan lets you eat more — as long as you're chowing from a list of 30 superfoods, such as avocado, edamame and quinoa. Meal plans and recipes get a boost from a section on super-workouts, including an eight-exercise routine you're expected to do three times a week.

### Rock Hard

MovNat's next local workshop is Sunday (9 a.m.-4 p.m.) in Rock Creek Park. It's \$229, but there's a discount for military and emergency responders (as well as a group rate for four or more people). See [Movnat.com](http://Movnat.com) for details.

ski told us. There were still swimming and combat techniques, and countless other drills to improve our locomotion.

To learn those, we'd need to go to MovNat camp in West Virginia — or wait a few months. MovNat will hold its first trainer certification in May, which could lead to classes in parks, one-on-one personal training sessions and gyms incorporating elements of MovNat.

Le Corre believes that kind of access will remind more people of these skills hiding inside them. "We're not reinventing the wheel," he says. "We're just making sure it rolls more smoothly."

VICKY HALLETT (EXPRESS)



### 10 POUNDS IN 10 DAYS (\$25)

Jackie Warner reveals her tricks for getting stars red-carpet ready — and it isn't pretty. For 10 days, you'll roll back your calorie intake to 950 and perform a light workout. (It's the same foods every day but different exercises.) Want to keep going? Warner has food and exercise plans for the next two 10-day periods. You get to eat more, but you exercise more, too. V.H.



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# Make Every Minute Count

MetCon3 won't let you take a breather between exercises

In military speak, DEFCON3 means the nation's security has been elevated above normal. In Equinox speak, MetCon3 means your body's heart rate is elevated above normal.

**What it is:** The health club's newest class gets its name from the metabolic conditioning that taxes all three of the body's energy systems (the phosphagen, glycolytic and oxidative pathways). "We like to geek out," explains instructor Gia-Ninh Chuang. What it all translates into is a workout that consists of a series of 10 exercises — each performed for one minute — repeated three times. "Just as you're at fatigue, when the lactic acid in your muscles is building up and your form is breaking down, we switch to something totally different," he says. "You can hit reset and give full-out effort."

**Moves:** The particular exercises and props students use change with each class, but the structure remains the same, as does the goal to boost strength, flexibility and core stability all at once. "Having those be separate things is so 2000 and late," Chuang says. At the end of the third circuit, you need to make it through the "metabolic finisher" — a short, but utterly draining final exercise — before you get to cool down and stretch.

Be prepared to do anything, often while doing something else. Many of the exercises are compound joint movements, which pair an upper-body action with a lower-body one, such as overhead presses and squats.

**Workout:** Whatever the exer-



Equinox instructor Gia-Ninh Chuang demos a punching move in Bethesda.

cise, Chuang always offers two options, one more challenging than the other. Then, he encourages his "overachievers" to try an even tougher version (as in, "Overachievers, give me a double push-up!").

"I think it's awesome that it's high intensity the entire time. I feel burned out after 45 minutes," said 31-year-old Steve Lucas at a recent class.

Bitu Nakhai, 48, who was wearing a heart rate monitor, reported that she had just torched 500 calories. But because you're doing each action only for a minute — albeit three times — it never seems like you can't get to the finish line.

**Crowd:** The wide range of options means the students who pack the room have very different fitness abilities. But no matter which exercises they go for, they attack the moves with the intensity of top athletes.

VICKY HALLETT (EXPRESS)

● Offered at Equinox's Bethesda and Tysons Corner locations. For schedules and more info, see [Equinox.com](http://Equinox.com).

**Work It Out**



## Recipe File



MATTHEW MEAD/AP

**ROASTED TOMATOES  
WITH HERBED  
RICOTTA AND WALNUTS**
**Makes Four Servings**
**Ingredients**

- ▶ 4 large tomatoes, halved and cored
- ▶ 1/4 teaspoon salt
- ▶ 1/2 teaspoon sugar
- ▶ 1/4 teaspoon ground white pepper
- ▶ 1 cup low-fat ricotta cheese
- ▶ 1 tablespoon chopped fresh basil
- ▶ 2 teaspoons chopped fresh thyme
- ▶ 2 teaspoons chopped fresh oregano
- ▶ 1/4 cup chopped toasted walnuts
- ▶ balsamic vinegar (optional)

Heat the oven to 325 F. Place a wire rack over a rimmed baking sheet. Spray the rack with cooking spray.

Arrange the tomatoes on the rack, cut sides up. Sprinkle the tomatoes with the salt, sugar and white pepper. Roast for 1 hour. Flip the tomatoes over and roast for another hour, or until the tomatoes are soft, wrinkly and have shrunk considerably in size.

While the tomatoes are roasting, in a medium bowl stir together the ricotta, basil, thyme and oregano. Set aside to allow the flavors to meld.

Serve the herbed ricotta alongside the roasted tomato halves. Sprinkle with toasted walnuts and drizzle with balsamic vinegar, if using. (AP)



140 calories; 70 calories from fat (50 percent of total calories); 8 g fat (2.5 g saturated; 0 g trans fats); 20 mg cholesterol; 12 g carbohydrate; 10 g protein; 3 g fiber; 280 mg sodium.

# Get Inside the Box

Wal-Mart's new label, 'Great For You,' still has some limitations

Wal-Mart Stores Inc. is aiming to help make healthy food easy to spot with its new "Great For You" labels. Set to kick off this spring, the bright green labels are meant to help customers identify foods that are, well, great for you. The icon will appear on produce and packaged goods that fit Wal-Mart's nutrition criteria. To earn the seal of approval, each product must meet these requirements:

- ▶ Total fat must be less than 35 percent of the total calories.
- ▶ It can contain no trans fat or partially hydrogenated oils.
- ▶ Saturated fats must be less than 10 percent of the total calories.
- ▶ Added sugars cannot make up



Wal-Mart's "Great For You" label aims to make it easier to find healthy foods.

more than 25 percent of the total calories.

- ▶ Sodium can't exceed 600 milligrams per meal or 380 milligrams per serving.

But does the label really mean a product's great for you? While it's a step in the right direction, it doesn't mean you can skip reading the back of the box, says Judy Caplan of the Academy of Nutrition and Dietetics. "Every person needs to take a moment to understand what the numbers and terms on the box really mean," says Caplan.

For example, federal regulations allow a label to say it's "trans fat free" even if there's up to half a gram of trans fat per serving — and most of us eat much more than one serving. Your best bet for avoiding trans fat is to check the ingredient list to make sure "partially hydrogenated oil" isn't on it.

Bottom line: Always read the ingredient list — and not just a label — to get the whole story. MOLLY RAISCH (REPRINTED COURTESY OF PREVENTION © RODALE INC.)

## Do you have a traumatic brain injury?

Together we can make a difference



The National Institutes of Health (NIH) in Bethesda, Maryland, in collaboration with the Center for Neuroscience and Regenerative Medicine (CNRM), is conducting a research study to learn more about traumatic brain injury (TBI).

The purpose of this study is to look for changes in the blood that may reveal the extent of brain injury and how the brain changes after injury. Participation requires two six-hour outpatient visits to the NIH Clinical Center and will include resonance imaging (MRI), positron emission tomography (PET) scans of the brain, and neuropsychological tests.

### You may be eligible if:

- You are 18-70 years old
- You have a TBI or have been admitted to the emergency department with trauma resulting in injury to the brain
- Your Injury occurred within the last 30 days

### You may not be eligible if you have:

- A medical condition such as HIV, cancer, diabetes, hepatitis, lupus, cirrhosis
- A history of alcohol dependence/substance abuse within the last five years

The NIH Clinical Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland. All study-related procedures are provided at no cost. Compensation is provided.

For more information, please call:

1-800-411-1222

(TTY: 1-866-411-1010)

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Refer to research study # 11-NR-0213



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# lookout



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## Sound Bets



### Road Patrol

**Some folks adore** the charm of the highway. I find driving long distances an affront to my neuromusculoskeletal system and spend the whole time wishing a "Star Trek" transporter would appear in an adjacent cow field and beam us to the beach.



By  
Christopher  
Porter

Music helps soothe the savage beast that is a multi-hour road trip, marking the miles in song-sized increments. But what I load onto my MP3 player for family vacations isn't necessarily what I'd listen to if I were lone-wolfing it. A road trip needs easy anthems, epic sing-alongs that appeal to every prisoner in the vehicle — which is why Snow Patrol, above, was recently our sonic companion. The Irish/Scottish band's sophomoric but surging songs sound fantastic when played loudly on Virginia's Skyline Drive, dovetailing nicely with the emotional trigger provided by widescreen vistas.

I also thought the spacey jams of Iceland's Sigur Ros would be the perfect nighttime soundtrack for the journey home. Alas, the inside of our car functions like a wind tunnel, and all of the music's ambient details were obliterated. Road trips don't reward subtlety.



Read Christopher's previous columns at:  
[expressnightout.com/soundbets](http://expressnightout.com/soundbets)



**"In many ways, my work acts as a journal. When I had a journal as a kid, I was constantly leaving it open, hoping somebody would find it."**

— LENA DUNHAM, RIGHT, CREATOR AND STAR OF HBO'S NEW SERIES "GIRLS," WHICH PREMIERES SUNDAY.

## A Woman to Watch

'Girls' creator and star Lena Dunham emerges as the voice of a new generation of women

### Television

Lena Dunham is deconstructing femininity right across the table.

Having spiffed up for some behind-the-scenes featurettes for her upcoming HBO series, "Girls," Dunham has relaxed into her seat at a Tribeca restaurant not far from where she grew up. Shortly after shedding her overcoat, she pulls off her fake eyelashes, too, apologizing for her manners and lamenting the forthright revelation of a women's "secret" to a member of the opposite sex.

"There's a certain point when I've had them on all day, I just want to be free of them," she says, laughing. "I want to be naked but for my own lashes."

### A Meta Moment

In the first episode of "Girls," Lena Dunham's character, an aspiring writer, tells her parents that she believes she's the voice of her generation, "or a voice of a generation." It's fitting because it's both true and a self-parody — a balance of sympathy and critique for Millennials that runs throughout "Girls."

(AP)



Inhibition and a comical preference for naturalism run deep in Dunham and her work. She's a self-declared "over-sharer" whose Twitter feed is a steady stream of self-deprecating wit. ("I was lying totally still on the shower floor and really hurt my knee. And that, my friends, is proof I can do anything.")

Her work (two feature films, a few Web series and now the TV show) is heavily personal, like her breakout film, 2010's "Tiny Furniture," an indie she made for just \$25,000 starring herself, her mother (the photographer and artist Laurie Simmons) and her younger sister, Grace.

"In many ways, my work acts as my journal," she says. "When I had a journal as a kid, I was constantly leaving it open, hoping somebody would find it. I just didn't understand the purpose."

Dunham, 25, has already been profiled by the New Yorker, had "Tiny Furniture" released on DVD by the

esteemed Criterion Collection and attracted the interest of comedy filmmaker Judd Apatow, who became executive producer of "Girls." Considering her unblemished good fortune, Apatow has advised Dunham to get a T-shirt that reads "The Inevitable Backlash."

"Girls," which Dunham writes, stars in and produces, premieres Sunday at 10 p.m., but it's already captured the zeitgeist, sparking a dialogue about 20-something adulthood, femininity and sexuality. The show follows four young women (Dunham, Allison Williams, Jemima Kirke and Zosia Mamet) in post-collegiate drift, struggling in a difficult New York job market, chafing at conventional ideas of womanhood and dealing with male counterparts on a different wavelength.

"It feels as though it's the right time for this show," Dunham says. "Women want a show like this. This generation wants a show like this — not to overstate our mission." JAKE COYLE (AP)

# \$854M

The amount of money that "The Lion King" musical has grossed since its 1997 debut, making it Broadway's all-time highest-grossing show. The show's cumulative gross of \$853,846,062 puts it ahead of "The Phantom of the Opera," which has made \$853,122,847 since it premiered in 1998. (AP)

# lookout entertainment

top  
stops



SARAH L. VOISIN/TWP

## 1 Family Ties

"Long Day's Journey Into Night" is Eugene O'Neill's most personal play — it hit so close to home that his will specified it not be produced until after his death. It's the story of the Tyrone family, confronting its demons of addiction while coming to terms with the fact that Edmund (Nathan Darrow, left) may have tuberculosis. **Arena Stage, 1101 6th St. SW; through May 6, \$40-\$85; 202-488-3300, Arenastage.org. (Waterfront/SEU)**

## 2 Cage Advice

Modern music pioneer John Cage was born in 1912, so this whole year is a centennial celebration of his life. Tonight, the Arditti Quartet, known for taking modern music and making it sound rarified, will perform a work by Cage (as well as pieces by Beethoven, Berg and Bartok, in case this was getting too modern for your tastes). **Coolidge Auditorium, Library of Congress, 1st and Independence St. SE; 7 p.m., free tickets required; Loc.gov/concerts. (Capitol South)**

## 3 The Personal Is Presidential

If you were dissatisfied with the historical rigor of the miniseries "The Kennedys," you can brush up on your JFK with the new book by Chris Matthews, left, "Jack Kennedy: Elusive Hero." The book, based on new interviews and oral histories from contemporaries, focuses on the fearsome responsibilities JFK found himself burdened with. **IDB Cultural Center, 1300 New York Ave. NW; 7 p.m., free; 202-623-3558, Events.iadb.org. (McPherson Square)**





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entertainment **lookout**

# Independence Day

Rascal Flatts takes control of its career on new CD 'Changed'

**Music**

As a group, Rascal Flatts sold millions of albums, scored a string of hits and stood at the top of country music. But the truth was Gary LeVox, Jay DeMarcus and Joe Don Rooney weren't much of a team.

It wasn't until December 2010, the end of a decade in which they dominated as country music's most successful and awarded band, that the three had their first face-to-face meeting to talk business. Controlled by a committee that included managers and others with sway, the three guys in Rascal Flatts realized they weren't really running Rascal Flatts. They were just CCs on an endless string of emails.

"We were so guilty in the past of not talking to one another, not communicating with each other very well, to the point that it kind of fell on management's lap to make the decision for us," Rooney says. "We woke up one day and knew we needed to make a change. That's what I love about the three of us. We were wise enough to wake up and



The guys of Rascal Flatts: from left, Jay DeMarcus, Gary LeVox and Joe Don Rooney.

say to each other, 'It's time to move on and do this differently.'"

The guys say their eighth studio album, "Changed," offers a glimpse of what the band has become in the 16 months since the first time they sat down together.

In just a little more than a year, they've taken control of their career

**"We were wise enough to wake up and say to each other, 'It's time to move on and do this differently.'"**

— JOE DON ROONEY, OF RASCAL FLATTS, ON FIRING THE BAND'S MANAGEMENT.

in a way they hadn't imagined, strengthened their relationships and taken deeper control of the creative side as well, producing four tracks on the new album themselves in DeMarcus' home studio.

"It was a chance to even further cement the recommitment we'd made to each other," DeMarcus says.

"We just wanted to," LeVox says. "And we did."

"There's a thought," DeMarcus says. "We just did."

CHRIS TALBOT (AP)

● Jiffy Lube Live, 7800 Cellar Door Drive, Bristow, Va.; June 23, 7 p.m.; \$30-\$65; 703-754-6400, [Livenation.com](http://Livenation.com).

## When Musical Worlds Collide

**Album Review**

Most of the music by blind African couple Amadou & Mariam is sung in Bambara or French, already a barrier to entry for many English-speaking music fans.

For their new disc, "Folila," they traveled to New York for sessions with guest artists TV on the Radio, Santigold, Theophilus London and members of the Yeah Yeah Yeahs and Scissor Sisters. Then they went

home to Mali to record the same songs with African musicians using instruments like the ngoni and doumdoums, and the French singer Bertrand Cantat.

Unable to decide between two approaches, they dumped the tapes in the hands of producers with the request to meld the different versions into one.

That sure sounds like a recipe for disaster, doesn't it?

The fact that it isn't, and may



**Folila**  
Amadou & Mariam

even be this duo's most enjoyable disc yet, is nothing short of miraculous. Credit the driving, rhythmic guitar playing of Amadou as the component that ties many disparate elements together.

This is thrilling, catchy and complex music that satisfies even if you haven't a clue what they're singing about (although the package includes a translation of the lyrics). That, despite the obstacles, is no small feat. DAVID BAUDER (AP)

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## lookout entertainment



Singer Amber Papini, left, anchors Hospitality's smart and highly accessible sound.

## Past, Present And Future

Hospitality borrows from various periods on its melodic debut



**Hospitality**  
Hospitality

#### Album Review

Hospitality's self-titled debut combines simple pop rhythms and melodies reminiscent of 1960s American sunshine pop, with the heavy soundscape and thick production tactics indicative of indie bands today. But what really sets Hospitality apart are Amber Papini's easy and speech-like vocals that recall Nancy Sinatra and Audrey Hepburn and give the album a nostalgic feel.

Songs like "Eighth Avenue" and "Friends of Friends" start with simple bass, guitar and drum, then evolve into a playground of sounds before returning to the melody. "Liberal Arts" is grounded by a simple melodic idea but with added sounds and textures that become ethere-

al and undefined, ending unresolved. The band is well-versed in the appropriate amount of push and pull between past and future.

Papini's lyrics add another layer of depth, and while her light vocals are at times drowned out, the snippets are enough to conjure a New York feeling or story. Her viewpoint — that of a smart, at times snarky, single 20-something — comes off as self-aware and authentic.

Anchored by Papini's vocals, the band's sound is unique and smart, yet also highly accessible. **MOIRA E. MCLAUGHLIN**  
(THE WASHINGTON POST)

● **Black Cat, 1811 14th St. NW; April 19, 8 p.m., \$15; 202-667-7960, Blackcatdc.com. (UStreet)**

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# TV tonight **lookout**

## Best Bets

**FOX**  
**8:00**

**Glee** New episodes begin again as the series heads toward the graduation of some of its characters. Matt Bomer ("White Collar") guest stars in tonight's episode as Blaine's older brother, Cooper.

**PBS**  
**8:00**

**The Titanic With Len Goodman** The "Dancing With the Stars" judge has his own connection to the Titanic. Goodman used to be a welder for the company that built the ship. Here, he takes viewers on an exploration of the ship's legacy through the men who helped build it.

**DSC**  
**9:00**

**Deadliest Catch** The fishermen are confronted by some of the worst conditions they've ever experienced in more than 25 years. Making matters worse, their fishing quotas have been slashed in half, making financial survival more difficult than ever.

**BRAVO**  
**10:00**


**Justified** The third-season finale shows Raylan Givens (Timothy Olyphant, left) at his most vengeful, going after anyone and everyone he holds responsible for the murder of his friend. (TRIBUNE MEDIA)


**SHANNEN SAYS**

## Is Anyone Listening?

**WE**  
**10:00**

What happens when someone known for scandal and outsized rants wants to settle down? On "Shannen Says," former "Beverly Hills, 90210" bad girl Shannen Doherty, left, will plan her wedding and try to convince us that she's ready to become someone's wife. The show tries to compensate for the lack of drama in Doherty's life with the manic production of a reality TV-sized wedding. It's doubtful, though, that anyone wants to hear what "Shannen Says." (UNIVERSAL UCLICK)

**Reality**


## Fantasy Rides

How would you like your own Batmobile? "Dream Machines" (10 p.m., SyFy), follows a pair of Florida brothers who take the most imaginative vehicles ever seen in movies, comic books and TV shows and engineer them into on-the-road realities for celebrity clients such as 50 Cent, above. (TM)

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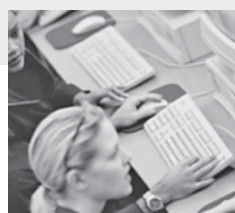
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1 Brs	\$695*	\$600 OFF- 3 BRS*
2 Brs	\$795*	\$800 OFF- 4 BRS*
3 Brs	\$1495*	*Cash for your security deposit
4 Brs	\$1600*	

Bus Stop To Metro On-Site

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**CASCADE PARK APTS.**

Call **202-563-0063** for Special!!!

*Bring in Spring*

at

**Friendship Court Apartment**

Central Heat & Air

Close to Shopping & Banking

No Application Fee

**2 Bedrooms starting @ \$849**

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**FREE GAS HEAT, GAS COOKING & WATER**

**1 BRS STARTING FROM \$725**  
**2 BRS STARTING FROM \$825**

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ROLAND PARK APTS.  
4801-15 Texas Ave, SE  
1&2 BR, steps from Blue Line  
fr \$798 + cooking gas/elec.

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1720 Trenton Pl., SE

**2 BRS Available**

All Credit Considered

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**SOUTHWEST/Metro Convenient!**

**OPEN HOUSE**

Every Sat. in March

**2 MONTHS FREE**

**1 & 2 BRS**

W/W carpet, Central Air/Heat, Dishwasher, Laundry facility, EFFICIENCY \$700

1BR fr. \$775 2 BR fr \$870

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116 Irvington Street SW.

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Housing Choice Vouchers Welcome

**We're Blooming with Great Savings**

**CAPITOL PARK PLAZA**

- All Utilities Included
- Fitness Center/Swimming Pool

Max. Income Qualifications:  
**1 pers. \$44,580 • 2 pers. \$50,940**

\*Tax Credit Studio applicants only • Restrictions Apply\*

Win up to 1 mo. FREE rent & a chance to win a 32" color T.V.\*

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Located Near The S.W. Waterfront

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SW-Newly renov apts. 2BR, 2BA, den, full DR, pantry & linen closet. \$1200+utils. 3BR, 2BA, CAC. \$1600+utils. Sec 8 welc. Must see. **202-321-7777**

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**1 Month Free Rent\***

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**Amenities and Features:**

Welcome to Autumn Woods where you'll find peace of mind nestled in quiet suburban community.

Autumn Woods offers our residents a fresh design and unbeatable access to Downtown Washington, DC. Residents benefit from 24 hour emergency maintenance, on-site parking, bike storage and central laundry center.

Located just off of B/W Parkway, the bustling community boasts shopping, dining, fitness center, schools, medical facilities, playgrounds, and parks.

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\*Restrictions Apply

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**NEAR METRO**  
**CAPITOL HEIGHTS-** Quiet cul-de-sac. 1 blk from Edison Rd. metro. 4BR, 2BA SFH. Section 8 voucher preferred. \$1875 + utils. **301-908-4220**

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Wall to wall carpet or Hardwood Flooring

Community Center w/ free Internet Café

Walking Distance to Bus & Metro

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**Super SAVINGS!!**

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Instant Pre-Approval

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**2 BR from \$959**

**All Utilities Included** for a small fee

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**Woodland Springs**

Free Application FEE w/AD

Security Deposit As low as \$350 or up to 1st month's rent based on credit history

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**GREENBELT EHO**

**The Glendale**

**Up to \$1900 Move-in Bonus!\***

**1 BRS. from \$1180**  
**2 BRS. from \$1300**  
**3 BRS. from \$1675**

- Washer/dryer
- Separate dining area
- Dens available
- Large pets welcome

\*on select apts, limited time offer.

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Queensbury Apts -1BR on tree-lined street near Hyattsville MS. FIOS/cable ready, off-street pkg, bus to Green Line, close to UMD, shopping & entertainment. \$925 incl gas. CATS OK. Call 301-864-5933, 301-559-9111.

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## MD RENTALS

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APARTMENTS****Ask About Our  
Move-in Special**

On residential street  
next to DeMatha HS  
Off-street parking / Ceiling Fans  
**1 & 2 BR apts fr. \$750**  
(tenant pays electric)  
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**OPEN HOUSE**

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- Minutes to Metro, Howard U. & DC
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CypressCreekApts.com

Hyattsville

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**Ask About our  
MOVE-IN SPECIAL****1 & 2 Bedroom Apts.  
from \$805**

Ceiling Fans/Lovely Setting  
Nr. the New ARTS DISTRICT  
Close to Shopping & Metro

Hyattsville

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Call For Specials

Large 1BR \$705

1BR \$675

Large 2BR \$914

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**3 BR \$945**

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- Right on DC and Maryland line
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By Appointment Only

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1/2 Off 1st Mo's Rent

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Convenient Location!

All Utilities Included for a small fee.  
Renovated Apartment Options  
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Showing Apts. 7 Days A Week

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- New bathrooms
- New energy-saving kitchen appliances
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Call to schedule an appointment today to  
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Halpine Hamlet Apartments

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\*Rental rates vary. Call for details.

Location! Location! Location!

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APARTMENTS**

Studios &amp; One-Bedrooms Now Available!

Rent starting at \$849!\*

You Can't Beat These Prices!

- Close to Rockville Metro
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- Laundry Facilities on Each Floor
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MOVE IN NOW! Bus to 3 Metro Lines, CATS OK.  
Low App Fee & SD. FIOS/cable ready. Call 301-864-5341.

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Carlyle at Harbor Pointe**

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1 Bedroom - \$755  
2 Bedroom - \$885  
3 Bedroom - \$1060

- Amenities:**
- Gated Community
  - Renovated Apartment Homes
  - Newly Renovated Pool
  - Metro bus stops at entrance
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3.6 Miles from National Harbor!

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Join us for our Open House 4/14/12  
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FOREST  
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Free App. Fee\*



Apartments starting @ **\$830**  
Free Shuttle Van Service

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1, 2, & 3 Bedroom Apartments  
Bedrooms Starting @ **\$900**

Amenities

- Beautiful Location • Washer & Dryer • Garbage Disposal
- Wall-to-Wall Carpet
- Refrigerator in Unit • Central A/C & Heat • Second Chance Program!

Sparkling Swimming Pool!

Call Us!

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Call today to schedule an appointment tour!

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- Hardwood Floors
- Central A/C
- Laundry Room
- Gas Heat & Cooking
- Near I-295
- Vouchers Welcome

**EFF \$725 • 1BR \$895 • 2BR \$995**

M-F 9-5 • Sat. 10-2

Delwin Realty

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NEW IS BETTER!

One-Bedrooms Now Available!

Starting at \$900!\*

- New Bathrooms
- New Kitchen Appliances
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Rockville, MD

\*Rental rates vary. Call for details.

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**1 BRs from \$999**  
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**3 BRs from \$1538**

- Fabulous Location • Full size washer/dryer
- Eat-in kitchen • Great closet space
- 24-Hour Fitness Center
- Beautiful Renovated Clubhouse
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Min. Qualifying Income:

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- Spacious Apartment Homes
- Garbage Disposal & Dishwasher
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- Refrigerator in unit
- Central A/C & Heat
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Second Chance Program!

Call Us!

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Call today to schedule a tour!

**Marlow Plaza Apt.**

1, 2, &amp; 3 Bedroom Apartments

Bedrooms Starting @ **\$899**

Amenities

- Large Closet Space • Washer & Dryer in building
- Sparkling Swimming Pool
- Individually controlled heat & A/C
- Convenient locations to shopping center
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Call today for a tour of your new home!

Call Us! **1(888) 803-3184**



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Ask About Our  
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**One & Two BR fr. \$925**

Close to the Forest Glen Metro  
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Ceiling Fans

**UTILITIES INCLUDED**

## MD RENTALS

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HILLBROOKE TOWERS APTS.**  
**AVAILABLE NOW!**  
**\$200 Security Deposit \***  
**1 BRs from \$950**  
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**Vouchers Welcome!**  
**UTILITIES INCLUDED**

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Walk to Metro!

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\*with good credit

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APARTMENTS**

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The Month of **APRIL** is **FREE**  
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Limited time offer.

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Cable ♦ Internet ♦ Utilities ♦ Housekeeping

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1, 2, and 3 bedrooms available. Close to shopping,  
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Shared utilities. **Chuk 202-255-3047**

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**CAPITAL HEIGHTS** - Prof applicant, Furnished  
room for rent, 1 person, share Bath & kitchen.  
\$685 utilities included. **Please call 301-502-6581**

**Fairfax, VA**- Single person pref,  
no smoking, no pets, Cable, Kitchen,  
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**GAITHERSBURG, MD**- 1 room \$299,  
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No-smkg, Close to Metro. **301-219-1066**

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W/D, Lease+dep. Nr NIH. **John 301-929-0000**

**LANDOVER** - Large rooms in beautiful home,  
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Very clean. **Please call 240-398-4621**

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\$650 everything included.  
**Please Call 240-374-8705**

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\$550/month includes utilities. Security  
deposit required. **240-423-7923**

**Mount Rainier** - Newly renv home to  
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**NW** - Small furn \$450. Near Metro, 1 mo dep.  
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**RIVERDALE, MD**- N/S. Share home, 1 room for  
1 person. Avail now. \$450 includes utilities,  
W/D. \$450 security deposit. **301-613-0446**

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harbor. Pref female. \$165/week incld util.  
**Please call 301-922-6393**

## NEAR METRO

**SE** - Share Newly Renov. Fully furn. W/D, Jacuzzi  
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Jasper St. **202-889-2810**

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ft bass boat w/water sports fun, purchased July  
2011, 8 hrs water usage, bimini, removable ski tow  
pylon, aerated aft livewell, brand new custom-  
matched Galvalshield trailer. Too many details to  
list, call 540-220-7127

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1, 2, & 3 Bedroom Apartments  
Starting @ **\$860!**

**Amenities**

- Beautiful Location
- Central A/C & Heat
- Metro Bus Stop @ the door
- Playground Area
- Garbage Disposal
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- Wall-to-Wall Carpet

**Washer & Dryer Inside Unit!**  
Call Us!  
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Call today to schedule  
a tour in our model apartment!

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**SPECIAL LOW DEPOSIT!**  
**UTILITIES INCLUDED!**  
Remodeled w/new Kitchens  
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Laundry facilities on-site/FREE Parking

**Rent Special!**  
**MOVE IN FOR \$499\***  
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**TEMPLE HILLS**- Beautiful 2 vl 3BR, 2.5BA TH  
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## FREE UTILITIES

- Swimming Pool
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- FREE March Rent (select unit)

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**SMART CHOICE!**

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## GATED COMMUNITY

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- Beautiful kitchens
- Washer/Dryer
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HUGE 2 BR  
TOWNHOMES

- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

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- Right by the new Wegmans

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**FANTASTIC SPECIALS!**

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LUXURY APARTMENTS

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**\$1,395** - Spacious 732 SF  
One Bedroom/One Bath.  
Island kitchen, soaking tub  
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Ready for immediate move-in.

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**SOUTHERN TOWERS**

Efficiency from .... \$920\* 2 Bedroom from ..\$1515\*  
1 Bedroom from ..\$1170\* 3 Bedroom from ..\$1825\*  
Spacious Penthouse From \$1960\*

**1 FREE MONTH**  
(on select apts.)

- Metrobus at front door to Pentagon & Van Dorn Metro
- Spacious Rooms • 24-hour front desk
- High-speed internet access available
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395

I-395 to Seminary Rd., West exit to Southern Towers  
immediately on right. 6 Month Lease Available!  
\*All Prices & Specials Subject to change without notice.

**M-F 9-6, SAT 9-5, SUN 11-5**  
**703-485-4154**

lookout online



ANGELIKA WARMUTH/AFP/GETTY IMAGES



MARVIN JOSEPH/TWP



▲

“I really don’t have a whole lot to say about this Easter Bunny on wakeboard, who apparently was at a promotional event of some sort in Germany. I just felt like your morning should start with a guy in a pink animal suit doing tricks. IS THAT SO HARD TO UNDERSTAND?”

— **LINDA HOLMES AT NPR.ORG/BLOGS/MONKEYSEE** lets pictures of the wakeboarding bunny (Jan Hasenbanck), taken Sunday in Hamburg, speak for themselves.

▲

“Maybe the only consolation prize is that there’s nothing more hipster than not being a hipster at all, right?”

— **MARTIN AUSTERMUHLE AT DCIST.COM** reacts to a new Travel + Leisure magazine ranking of the Top 20 best cities for hipsters in America, which does not include D.C.

▲

“I’m not sure that strapping your newborn to your chest and hopping on a Bikeshare bike (sans helmet, natch) is a great way to go through life. But maybe that’s just me.”

— **TOM BRIDGE AT WELOVEDC.COM** offers advice to a man who was photographed by The Washington Post riding a bike in Mount Vernon Triangle with a baby near a construction site.

▲


“Remember this day. 551-day-old Instagram is worth \$1 billion. 116-year-old New York Times Co.: \$967 million.”

— **DKBERMAN OF THE WALL STREET JOURNAL** reacts to news that Facebook acquired photo-sharing service Instagram for \$1 billion.

▲

“Sure it was unintentional, but for many that disagree with the club’s archaic policy, it was a small victory in embarrassment.”

— **CORK GAINES AT BUSINESSINSIDER.COM** takes pleasure in 2012 Masters champ Bubba Watson’s snub of Augusta National chairman Billy Payne’s handshake Sunday. Payne has long refused to explain why his club does not admit women.



### HEALTHY FEMALE VOLUNTEERS NEEDED

The National Institute of Mental Health is conducting a clinical research study with an experimental drug to determine if this drug may reduce stress and anxiety. The effects of the drug will be compared to an approved anti-anxiety drug and to a placebo, an inactive pill. There is no cost for participation. Compensation may be provided.

**You may be eligible to participate if you :**

- Are between 21-50 years of age and in good health

**You may not be eligible to participate if you:**

- Have heart disease, history of chest pain, angina, peptic ulcer or epilepsy
- Are pregnant or nursing
- Have depression, anorexia, bulimia or anxiety

**The study involves:**

- 6 outpatient visits to the NIH Clinical Center over a period of 8-9 weeks

**Location:**

- The NIH Clinical Center is located in Bethesda, Maryland it is easily accessible via the Metro Red line (Medical Center Stop)

For more information call:  
**1-800-411-1222**  
(TTY-1-866-411-1010)  
Se habla español  
www.clinicaltrials.gov  
Refer to study 10-M-0049

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National Institutes of Health  
Department of Health & Human Services**

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# puzzles lookout

## Horoscope

**ARIES** (March 21-April 19) You feel as though you have been giving all you have to give, and yet someone may ask for more. You can muster it up, surely.

**TAURUS** (April 20-May 20) Time is the best resource you have, so use it wisely today. Don't try to wing it; make a schedule you can work with and stick to it.

**GEMINI** (May 21-June 20) You may rise earlier than usual today with a coming project weighing heavily on your mind. Things are much more positive than you think.

**CANCER** (June 21-July 22) You're likely to come in contact with one or two who share your ambition, aptitude and skill level. Now your ideas can come to fruition.

**LEO** (July 23-Aug. 22) A partner offers more than expected today, and you can learn a great deal from the way he or she explores ideas that are different.

**VIRGO** (Aug. 23-Sept. 22) Focus on getting the job done today. Someone may try to tell you that you have less time and more to do — but that's only a scare tactic.

**LIBRA** (Sept. 23-Oct. 22) You'll begin to check off the things you have accomplished under the gun of late. You have really earned your stripes!

**SCORPIO** (Oct. 23-Nov. 21) Once you introduce a youngster to a way of doing things, he or she will never look back. This will be a source of personal pride.

**SAGITTARIUS** (Nov. 22-Dec. 21) You can look on even the most routine and mundane affairs today with poetic insight. There is meaning even in the smallest things.

**CAPRICORN** (Dec. 22-Jan. 19) You're wanting others to invest as much as you in a project that has yet to get off the ground. Your powers of persuasion must be keen today.

**AQUARIUS** (Jan. 20-Feb. 18) You may have to spend more than expected today in order to position yourself to the best advantage. A rival has an eye on you.

**PISCES** (Feb. 19-March 20) You'll be attracted not so much to what a person is doing, for that may not be unusual, but rather to the way he or she is doing it.

## Scrabble Grams

PAR SCORE 155-165, BEST SCORE 214

E <sub>1</sub>	I <sub>1</sub>	U <sub>1</sub>	M <sub>3</sub>	S <sub>1</sub>	B <sub>3</sub>	T <sub>1</sub>

Double  
Word Score

--

 RACK 1

E <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	I <sub>1</sub>	R <sub>1</sub>	R <sub>1</sub>	V <sub>4</sub>

--

 RACK 2

A <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	Y <sub>4</sub>	N <sub>1</sub>	D <sub>2</sub>	H <sub>4</sub>

--

 RACK 3

E <sub>1</sub>	E <sub>1</sub>	U <sub>1</sub>	M <sub>3</sub>	F <sub>4</sub>	P <sub>3</sub>	R <sub>1</sub>

2nd Letter  
Triple

--

 RACK 4

### Yesterday's Solution

S <sub>1</sub>	W <sub>4</sub>	E <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	N <sub>1</sub>
U <sub>1</sub>	P <sub>3</sub>	S <sub>1</sub>	I <sub>1</sub>	D <sub>2</sub>	E <sub>1</sub>	
F <sub>4</sub>	R <sub>1</sub>	O <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	Y <sub>4</sub>	E <sub>1</sub>
G <sub>2</sub>	R <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	E <sub>1</sub>	S <sub>1</sub>	T <sub>1</sub>

 PAR SCORE 145-155  
 RACK 1 = 60  
 RACK 2 = 12  
 RACK 3 = 64  
 RACK 4 = 83  
 TOTAL 219

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

		6	1			3	5	
7			6	2				9
8		2		9	5		4	
4	9		8		6			
2	5	8		4		9	6	3
			2		9		7	8
	7		9	1		2		6
3				6	2			4
	2	9			3	8		

### Yesterday's Solution

3	6	7	1	9	2	4	8	5
8	4	5	3	6	7	2	1	9
1	9	2	8	4	5	6	7	3
2	5	4	9	8	1	3	6	7
6	1	3	7	2	4	5	9	8
7	8	9	5	3	6	1	4	2
4	7	8	6	5	3	9	2	1
5	2	1	4	7	9	8	3	6
9	3	6	2	1	8	7	5	4

**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**60 | 38**

**Today:** Breezy and cooler today with variable clouds. Partly cloudy tonight.

**58 | 40**

**Tomorrow:** Breezy tomorrow with a shower or two. A stray shower tomorrow evening.

### Looking Ahead

<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>60   40</b>	<b>65   48</b>	<b>71   56</b>

### Sun and Moon

Sunrise today: 6:39 a.m.  
Sunset today: 7:41 p.m.  
Moonrise today: none  
Moonset today: 9:26 a.m.

### Almanac

Normal high: 65  
Record high: 90  
Normal low: 45  
Record low: 28

FORECAST BY ACCUWEATHER.COM ©2012

# DO YOU DRINK ALCOHOL?

- ✓ **Drink daily or almost daily ?**  
✓ **Are between the ages of 21 and 60 ?**

We are seeking men and women between the ages of 21 and 60 to study whether a medication for smoking cessation (CHANTIX™) may affect drinking (NIH Study #08-AA-0137). Volunteers should be healthy and drug-free. There are no charges for study related tests and evaluations.

*Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.*

*For more details, call*

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## lookout puzzles

## Crossword

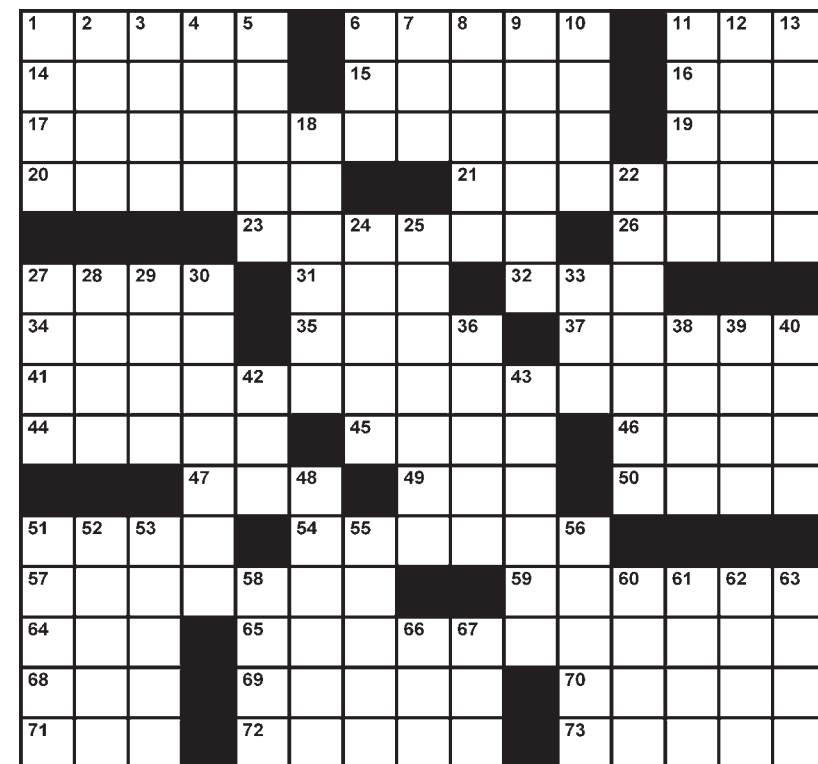
## UNDRESSED TO KILL

## ACROSS

- 1 Warning signal
- 6 Aid in forging
- 11 "Invasion of the Body Snatchers" container
- 14 A nephew of Donald Duck
- 15 "If a tree falls in the forest and ..."
- 16 Au naturel (with "in the")
- 17 Feature of some women's tops
- 19 \_\_\_\_ NO HOOKS (crate label)
- 20 Alternative to digital
- 21 Charleston college (with "The")
- 23 Evening repast
- 26 "\_\_\_\_ we forget" (Kipling)
- 27 Aid to the needy
- 31 "A clue!"
- 32 Cold War aircraft
- 34 He released a dove in Genesis
- 35 A mullet covers it
- 37 Brink or border
- 41 Like all new deliveries?
- 44 Add decorations to
- 45 Watchful pair
- 46 Right as \_\_\_\_
- 47 Barnyard bleat
- 49 Stop stalling
- 50 "Mater" intro
- 51 Camembert's kin
- 54 Break into parts, as a monopoly
- 57 Stand before an audience
- 59 Acquire bicuspid
- 64 Words after "who" or "where"
- 65 They are "clothing optional"
- 68 Served as CEO of
- 69 Highbrow musical entertainment
- 70 Suit that beats the others
- 71 2012 Olympics host (Abbr.)
- 72 Dog found in the pound
- 73 Full of soap bubbles

**DOWN**

- 1 Whence Goya's duchess came

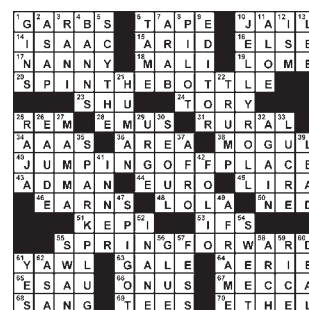


EDITED BY TIMOTHY E. PARKER

- |                               |                               |
|-------------------------------|-------------------------------|
| 2 Library book may be on it   | 30 "Rainbow" dessert          |
| 3 Psychic may claim to see it | 33 League with Cornell        |
| 4 100 Cambodian sen           | 36 Button for pilots in peril |
| 5 "From the desk of" notes    | 38 100 Iranian dinars         |
| 6 "Furthermore ..."           | 39 Bad, as a prognosis        |
| 7 Neither fish ____ fowl      | 40 Tracy's mother in          |
| 8 It may be passive           | "Hairspray"                   |
| 9 Weak and feeble             | 42 Watson and Crick's lab     |
| 10 Bequeathed                 | material                      |
| 11 Annoyingly proper one      | 43 Canny                      |
| 12 Arid refuges               | 48 Rather sudden              |
| 13 Took up residence          | 51 Brass section sound        |
| 18 Big lizard                 | 52 Give new courage to        |
| 22 "x + y = z" math branch    | 53 Best part of the cake,     |
| 24 Developmental stage        | to some                       |
| 25 Melonlike tropical fruit   | 55 Completely                 |
| 27 "Black and Blue"           | anesthetized                  |
| novelist Quindlen             | 56 Bog fuels                  |
| 28 Batch of laundry           | 58 Seth's famous son          |
| 29 Hammerhead cousin          | 60 Neutral color              |

- 61 Dull sound  
62 Certain bottom lines  
63 Spot in the distance  
66 Unit in history class  
67 Biscayne, for one

## Yesterday's Solution



## Today in History

**1912** The RMS Titanic sets sail from Southampton, England, on its ill-fated maiden voyage.

**1925** The novel "The Great Gatsby," by F. Scott Fitzgerald, is first published.

**1947** Brooklyn Dodgers president Branch Rickey purchases the contract of Jackie Robinson from the Montreal Royals.

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### BORING MEMOIR NAMES

#### Girls Don't Want to Have Puns (in Their Book Titles)

Cyndi Lauper has a memoir coming out this fall, Atria Books announced Monday. "Cyndi Lauper" will cover the singer's troubled childhood, superstardom and the "ups and downs" that followed. "Sometimes I come off good, sometimes not so good," Lauper said in a statement. (AP)

### PERSECUTION

#### They Treated Bill Clinton the Same Way!

Jesse James says the media and the public have treated him unfairly following his divorce from Sandra Bullock in 2010: "I don't know anybody anywhere that's had to endure what I had to endure for basically infidelity," he told Yahoo OMG! "I stood up like a man and admitted my wrongs and what I did and all that did is make every [expletive] tabloid everywhere across the world come after me even harder." (EXPRESS)



### SERIOUS

#### Canadian Actress Accused Of Stalking Alec Baldwin

A woman accused of stalking Alec Baldwin was arrested Sunday night outside his New York City apartment. According to TMZ, that was the third time she'd tried to make contact with Baldwin in the past two weeks. The woman is Genevieve Sabourin, a Canadian actress. (EXPRESS)



FREDERICK M. BROWN/GETTY IMAGES

Hey, Hollywood bottom-feeders: Time to find a new celebrity to push around.

### OUT OF STYLE!

#### Blaming LiLo Is Such A Cliche Now

Lindsay Lohan has been accused of battery, *Us Weekly* reported. A woman told the West Hollywood Sheriff's Station that Lohan shoved her at a West Hollywood, Calif., nightclub on Thursday. The woman's complaint is being investigated. Lohan's publicist, Steve Honig, told *Us* that Lohan "was never at the club and this whole thing is a big lie by someone looking for 15 minutes of fame and, presumably, money." Lohan just finished meeting her probation requirements for a 2007 DUI. (EXPRESS)



### "It's not about weight — it's about health. Gluten is crap anyway!"

— MILEY CYRUS TWEETED THAT SHE'S EMACIATED DUE TO GLUTEN AND LACTOSE ALLERGIES.

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There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

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www.clinicaltrials.gov

Study #: 10-AA-0046



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